

# Yoga For Peri / Menopause

Presented by:  
**Sandy DeWitte**  
(E-RYT500)



## Hot Flashes & Brain Fog

**Saturday, April 25**  
**1:30-3:00PM**  
**\$35 per person (\$40 door)**

Menopause is not a problem to be solved, but a natural transition — one that Traditional Chinese Medicine (TCM) understands as a powerful shift in energy, wisdom, and rhythm.

In this wisdom phase of life, it's important to nourish your internal resources by making yourself a priority as you transition from care-giver to self care. Rather than seeing this phase as a decline, TCM views it as a time when the body is asking for deeper nourishment, steadier pacing, and more attentive listening to the body.

This workshop offers you space to slow down, reconnect with your body, and honor what this transition is asking of you by supporting the organ systems and energetic pathways traditionally associated with this stage of life—especially the kidneys, spleen and heart.

We'll focus on specific techniques to alleviate peri/menopause hot flashes and brain fog:

- Cooling pranayama breath work to decrease heat in the body
- A fun, brain-engaging Basic Yoga practice to enhance neuro connections of the frontal lobe of the brain — important for emotion regulation, memory and concentration
- Yoga Nidra for nourishing the body and mind

**Yoga instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop.**

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



*Sandy is an E-RYT500 Yoga instructor, Certified Yoga Medicine® Therapeutic Specialist, and Yoga Alliance Continuing Education Provider (YACEP)*



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