

Yoga For Peri / Menopause

Presented by:
Sandy DeWitte
(E-RYT500)



Stress Relief & Better Sleep

Saturday, March 28
1:30-3:30PM
\$40 per person (\$45 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, liver, and heart to soothe the nervous system, ease common imbalances such as restlessness, fatigue, and emotional fluctuations and cultivate a sense of steadiness. The symptoms that we experience are an important communication tool to learn to find balance.

This workshop focuses on peri/menopause stress relief and techniques to promote better sleep:

- Pranayama breath work to down-regulate the nervous system to ease stress
- Myofascial release with props in targeted areas of the body to release stress/tension, improve circulation and induce relaxation
- Yin Yoga practice to focus on stress in the connective tissue and loosen tight areas
- Yoga Nidra for nourishing the body and mind for better sleep

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



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

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



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