

SPACE TO BREATHE

YOGA SUPPORT FOR MENOPAUSE

8-POSE GENTLE RESET • 5-10 MINUTES

1



MOUNTAIN POSE

2



SIDE STRETCH

3



WARRIOR II

4



SUPPORTED SQUAT

5



CAT-COW

6



BRIDGE

7



SUPINE TWIST

8



RESTING POSE

MOVE GENTLY • BREATHE NATURALLY • USE PROPS

Stop if you feel pain, dizziness or unwell. Check with a qualified professional if you have medical concerns, are pregnant, or are returning after illness or injury.