

Yoga support for menopause

A gentle 8-pose reset for movement, strength, rest and changing needs through perimenopause and menopause.

Perimenopause and menopause can affect much more than periods. Changes in hormones may be accompanied by hot flushes, night sweats, disrupted sleep, fatigue, joint or muscle discomfort, headaches, changes in mood, anxiety, brain fog and changes in body composition. Experiences vary widely. Yoga cannot treat menopause itself, but gentle movement, strength, mobility and relaxation can be useful parts of a wider wellbeing plan.

How to use this guide

Use the sequence as a short standalone practice or choose individual poses according to your energy and comfort. Keep a chair, wall, cushions or blocks nearby. On days affected by poor sleep, heat, dizziness, pain or fatigue, reduce the intensity or choose the resting positions. The aim is to support the body rather than push through symptoms.

The 5-10 minute reset

1	Mountain pose	30-60 sec
2	Side stretch	20-30 sec each side
3	Warrior II	20-30 sec each side
4	Supported squat	20-40 sec
5	Cat-cow	5-8 rounds
6	Bridge	3-5 gentle holds
7	Supine twist	20-40 sec each side
8	Resting pose	1-3 min

Safety

Stop if you feel pain, dizziness, unusual breathlessness or feel unwell. If you have osteoporosis, significant joint or spinal problems, cardiovascular concerns, pelvic-floor symptoms, are recovering from surgery or illness, or have another condition affecting exercise, ask an appropriately qualified professional about suitable movement.

The eight poses

Adapt the range, use support and keep breathing naturally.

1. Mountain pose

Stand with feet comfortably apart and weight distributed evenly. Soften the knees and let the shoulders relax. Use a wall or chair if balance feels uncertain.

2. Side stretch

From standing or sitting, reach one arm gently upward and across. Keep the movement long rather than deep. Repeat on the other side.

3. Warrior II

Step the feet apart, turn one foot outward and bend the front knee only as far as comfortable. Extend the arms or keep hands on hips. Use a chair for support if needed.

4. Supported squat

Hold a stable chair or counter and lower only a small amount, keeping the movement controlled. A higher supported squat is completely acceptable.

5. Cat-cow

On hands and knees, or seated with hands on thighs, alternate gently between rounding and lengthening the spine. Avoid forcing the neck or lower back.

6. Bridge

Lie on the back with knees bent and feet supported. Lift the hips a comfortable amount and lower slowly. Keep the movement small if the back or pelvis feels sensitive.

7. Supine twist

Lie on the back with knees bent and allow them to move gently toward one side. Keep the range comfortable and repeat on the other side.

8. Resting pose

Lie down or recline with cushions beneath the knees and head. If you are warm, use light layers and make the environment as comfortable as possible.

Supporting yourself through menopause

Your needs may change from day to day, and your movement can change with them.

Strength, bones and movement

Midlife is an important time to consider muscle and bone health. Yoga can contribute to mobility, balance and some muscular work, but it may be helpful to combine it with appropriate resistance or strength training and weight-bearing activity. If osteoporosis or fracture risk is a concern, seek individual advice about safe exercise.

Sleep and fatigue

Night sweats and sleep disruption can leave energy depleted. On tired days, shorter practices may be more supportive than pushing through a demanding routine. Gentle evening movement, a cooler sleep environment and a predictable wind-down routine may help some people, although persistent sleep problems deserve appropriate assessment.

Hot flushes and temperature

Choose breathable clothing, keep water nearby and practise in a cooler space if heat is a trigger. If a flush begins, pause and allow it to pass rather than trying to complete a pose. New, severe or unusual symptoms should not automatically be assumed to be menopause.

Mood, anxiety and brain fog

Hormonal changes can interact with stress, responsibilities, sleep and existing mental-health needs. Movement may help some people feel more grounded, but emotional symptoms can also warrant medical or psychological support. You do not have to manage everything through self-help.

A check-in before moving

What is my body asking for today? Strength, mobility, quiet, cooling, rest or something else? What is my energy? Would the full sequence feel supportive, or would two poses be enough? Afterwards: What helped, and what would I adapt next time?

Reflection, treatment & further support

Yoga can sit alongside evidence-based menopause care rather than replace it.

Day	What I tried	Energy before	After	Symptoms / what helped
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Menopause treatment is individual

If symptoms are affecting quality of life, speak with your GP or an appropriately qualified clinician. Treatment options may include hormone replacement therapy (HRT) where suitable, non-hormonal treatments for particular symptoms, psychological support, and lifestyle measures. Decisions about HRT depend on individual symptoms, medical history, preferences and risk factors.

Sources and further reading

Useful evidence-based sources include NHS information on menopause, NICE guideline NG23 on menopause identification and management, and professional guidance from organisations such as the British Menopause Society. Evidence on yoga suggests potential benefits for wellbeing and some menopause-related symptoms, but findings vary and yoga should not be presented as a substitute for established treatment.

A message from Maggie

Menopause can arrive at a stage of life when you are already carrying a great deal. Changes in sleep, mood, concentration, energy or the way your body feels can be unsettling. This practice is not about making you work harder. It is an invitation to meet your body where it is today: move when movement helps, use support, and rest when rest is what you need.

Space to Breathe Therapy - Educational wellbeing resource; not medical treatment.