|  |  |  |  |
| --- | --- | --- | --- |
| Workshop plan: Theme Hot Flushes surrender to the process of change, Perimenopause- to Menopause | | | |
| Introduction  *# 55 min* | * Setting scene * Women circle * Information/facts | (detailed outline below) |  |
| *# 5 min break* | | | |
| *Props needed: 2 bolsters, 4 blankets, 2 blocks, 2-4 cushions if available eye- pillow* | | | |
| Yoga  Sequence  *# 90 min* | **Pranayama**  *# 20- 23 min* | Sitting: (A)   * 1) Sikali (Smiling) breath * 2) Kaci (straw) breath   Lying on the back (B)   * ocean breathe & Visualization (left) | 1. 1) & 2) 10 breaths each, 3rdchose 1) or 2) 2. Visualization 3. envision color in abdomen, exhale heat and inhale the cool 4. cooling ocean waves touch your body 5. affirmation: this is just a hot flash it comes and goes like waves of an ocean |
| **Asana**  *# 20- 23 min* | * Knee circles (in &out) * Half- Happy Baby (re&li) * Windscreen wiper * Cat- Cow (mindful) * Cat- Cow- Child sequence * Sphinx | * Slow, cooling movements, not strenuous * Gentle weight on wrists if Osteoporosis * Sphinx: suggest a blanket/ bolster under the hips for support |
| **Yin**  *# 15- 17 min (Incl. set up)* | * Butterfly pose * Wide Knee Child (Balasana) | * Butterfly: head on bolster (or use chair) * Child: head on block |
| **Restorative**  *# 20 min (Incl. set up)* | * Supported Reclined Cobbler * Savasana | * Cushion under arms (think of frozen shoulder) * Trauma-informed (light blanket) |
| **Mantra & meditation**  *# 10- 13 min* | * Sa Ta Na Ma * Meditation with **poem** | * Mudra with Mantra * Poem see below |
| *# 5 min break (allow for quiet time if people want to start writing Journal)* | | | |
|  | **Journaling**  *#10* | * Write thoughts, highlights, insights, emotions | * keep space quiet, talking outside of shala |
|  | **Closing circle**  *#15 min* | * last round of thoughts, 1 word each one how she feels now * Share signposts, links, info material * Fountain Breath: let go of concerns& fear; gather helpful &supportive thoughts& emotions * Namaste and thanking each other | |

**EXEMPLAR Workshop Introduction total # 55 min:**

1. **Setting the Scene (# 5 min)**

* MY aims to create a safe and supported space
* not medical, but provides supportive suggestions, Educate, Empower, Embrace
* Agreements:
  1. Can we all agree that we keep confidentiality
  2. Listen with our eyes
  3. Non-judgmental
  4. Provide space for everyone to share if and what they feel like
  5. If someone gets upset- give them space to go through these emotions (not crowd them)

1. **Women Circle (# 35 min)**

* Introduction of each participant including myself: name, age, stage in MP/ experienced symptoms
* Allowing each woman to be heard, and acknowledging each other respectfully

1. **Today’s Theme: Hot Flushes (# 15 min)**

* Stage: Perimenopause - Menopause
* Season: Late summer to autumn
* Allow women to share personal experiences with Hot Flushes or Night Sweats
* Medical facts: vasomotor symptoms, heat is centrally perceived, lack of Oestrogen makes the Hypothalamus more sensitive
* Helpful practices: mention HRT, natural remedies, effects of lifestyle choices (eg alcohol, coffee, spicy food), Impact of stress
* The emotional opportunity in this phase:
  + Letting go of what no longer serves you, Detoxing
  + Befriending your body; Surrender to the process of change
* Yoga poses: release heat through opening of chest, arms, hips, thighs
* TCM: harmonize Kidney meridian (runs at inner thighs and inside the front body)= effect - cooling and fluidity

*Poem: The Surrender to Life  (By Wilmieke Sophia)*

What would happen, if I give up  
the idea that  
everything is complicated  
and I need to work hard  
to earn valuation?

What would happen, if I give up  
the thought that  
I am defined by my emotions  
and the labels I give myself capture my essence?

What would happen, if I give up  
the comparisons?

What would happen, if I give up  
looking for love, confirmation and validation  
outside myself?

What would happen, if I give it all up?

I surrender to life  
fall down on my knees  
not in despair  
but thankful  
for all the living sensations in me  
for all the love that surrounds me  
for all the intense feelings that show me  
– the unshakable eye in the storm –  
that I am alive.

What would happen, if I give up  
the war inside me?

What would happen, if I give up  
giving names  
to Right and Wrong?

What would happen, if I give up  
striving for a goal  
that seems out of reach?

What would happen, if I give up  
to try to fulfill  
projections, assumptions, images, expectations  
that were never truly mine?

What would happen, if I give up  
the neediness

to solve  
all questions?

What would happen, if I give up  
trying to understand  
it all?

What would happen, if I give up  
all that  
no longer serves me?

*(continue with text in box to the right)*