



WORKSHOP  
MENOPAUSE YOGA FOR ANXIETY, OVERWHELM AND BRAIN FOG  
Samprasāda Yoga Studio – Brakkeput Ariba

**SCHEDULE:**

- 8.00AM** Arrive and set up
- 8.30AM** Welcome and name badges distribution.  
Introduction. Myself, my training, my menopause stage.  
Purpose of the workshop. Sankalpa.  
Safe space agreement (confidentiality, support, truthfulness, listening without judgement, different perspectives, no photography).
- 8.45AM** Women’s circle. Explain benefits: Hold space, comfort and support, share and acknowledge experiences and positive views, oxytocin, sense of community, sangha. Eventually divide into pairs to share symptoms and solutions.
- 9.15AM** Information: Guidelines and perceived benefits of basic nutrition, natural remedies, supplements and complementary therapies.
- 9.25AM** Break.
- 9.30AM** Yoga Practice – 90 minutes (please refer to plan enclosed).
- 11.00AM** Break with beverages. Coconut water, tea.
- 11.05AM** Self reflection.  
Journaling, advice, prompts to start writing. What inspires me? What nourishes me? What can I get rid of in order to create more space for myself during the day? In this phase of the Menopause as we prepare to hibernate – winter – we decide what to keep and what to get rid of before starting second spring. Get comfortable with being honest with your own self. Get comfortable with doing less and find time to rest and gather your energies for second spring while the body adjusts to the natural changes occurring.  
Introduction of the concept of Samskaras (if time allows).  
Poem reading. Honour (see enclosed).
- 11.20AM** Resources. Share “signposts” (see enclosed)
- 11.25AM** Closing Circle and Q&A
- 11.30AM** Close. Suggest networks (meet-ups, online, WhatsApp,..).