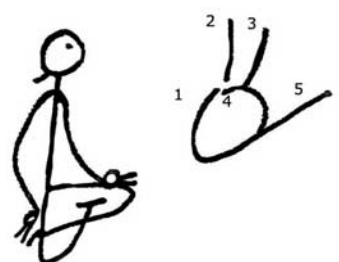


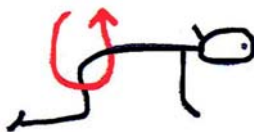






# Menopause

Menopause is the 24 hours occurring 12 hours after your last period. Perimenopause can last up to 10 years prior to that day, between the ages of 42-55.

<p>Stress, cooling, pelvic bowl breath, centering, discernment</p>  <p><b>Prithivi Mudra</b> (ring &amp; thumb touch, extend)</p>	 <p>Seated Half Moon</p>	 <p>Table Twist Sequence <i>Fights fatigue &amp; depression</i></p>	 <p>Hip Rolls</p>	 <p>Vrksasana Side Bend</p>
 <p>Yoga Mudra</p>	 <p>Janu Sirsasana <i>Eases anxiety &amp; irritability</i></p>	 <p>Parivrtta Janu Sirsasana <i>Calms emotions</i></p>	