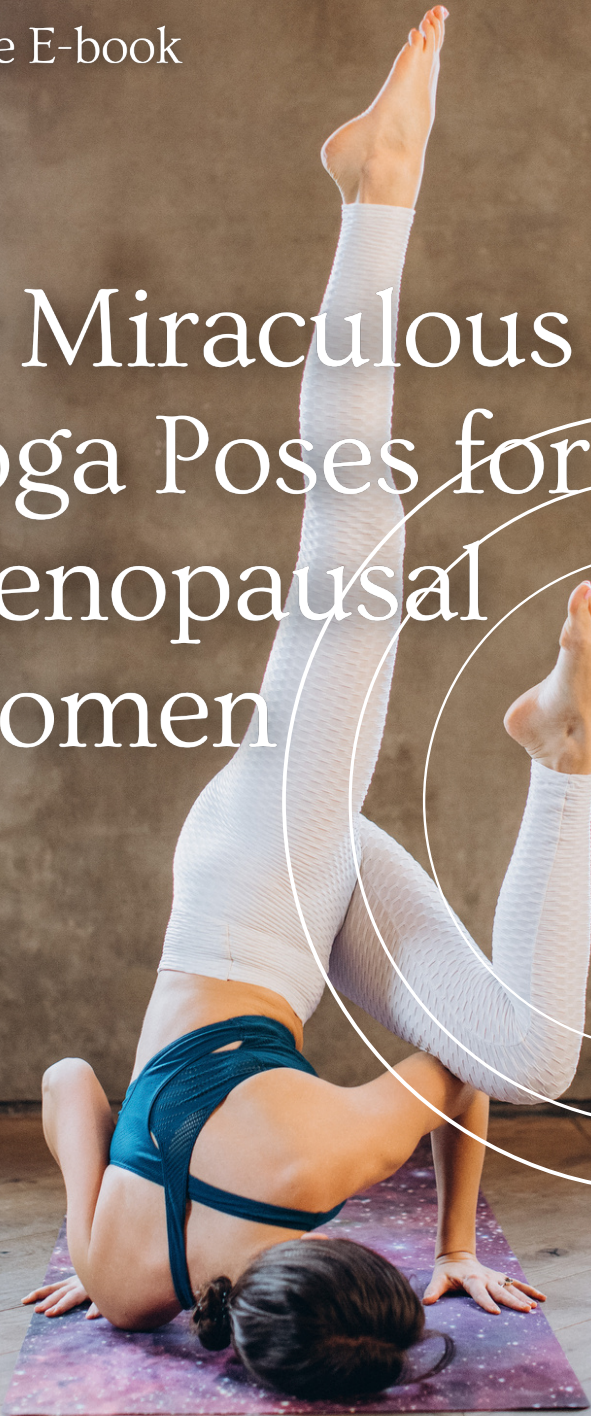


A free E-book

10 Miraculous Yoga Poses for Menopausal Women



Chapter



Setting up at home

ELDA
HEALTH

Find a
space that
works for
you.



Choose a space
where there is
enough room to
feel relaxed and
focused.

5



Tips for setting up a perfect space.

- 01 Find a space free from distractions.
- 02 Make sure there is a flat surface for balance.
- 03 If you're lucky enough to have an outdoor area, practice there. It's always nice to be around nature.
- 04 If not, make your space calm and relaxing with indoor plants or essential oils.
- 05 Gather all your yoga props and keep them in one area.

Chapter



Yoga poses

Pose 01



Reclining Bound Angle Pose

This pose can help relieve anxiety, promote relaxation, and ease symptoms of menopause such as hot flashes and insomnia.

Pose 02



Legs-Up-the-Wall Pose

This gentle inversion pose helps to reduce stress, calm the nervous system, and alleviate symptoms like fatigue and mood swings.

Pose 03



Child's Pose

Child's Pose is a restorative posture that promotes relaxation, relieves stress, and helps reduce hot flashes and anxiety.



Bridge Pose

Bridge Pose helps improve digestion, stimulate the thyroid gland, and relieve menopausal symptoms such as fatigue and mood swings.

Pose 05



Half Moon Pose

This balancing pose helps improve concentration, reduce stress, and alleviate symptoms such as insomnia and mood swings.

Pose 06



Camel Pose

Camel Pose helps stretch the entire front of the body, improve posture, and relieve symptoms like anxiety and fatigue.

Pose 07



Tree Pose

Tree Pose helps improve balance, focus, and stability, which can be beneficial for women experiencing hormonal fluctuations and mood swings.

Pose 08



Cobra Pose

Cobra Pose helps strengthen the back muscles, open the chest, and alleviate symptoms such as back pain and fatigue.

Pose 09



Pranayama

Deep breathing exercises like Nadi Shodhana (Alternate Nostril Breathing) and Kapalabhati (Skull Shining Breath) can help reduce stress, calm the mind, and regulate hormonal imbalances.

Pose 10



Shavasana

Savasana is a final relaxation pose that promotes deep rest and relaxation, helping to reduce stress, improve sleep quality, and relieve menopausal symptoms.

Contact Us

We're here to support you in your menopause journey. Please feel free to reach out to us with any questions, concerns, or feedback.

Email: service@eldahealth.com

Phone: [+91-8712206999](tel:+91-8712206999)

Resources

We have a wealth of resources designed to educate and support you in your menopause journey:

Elda Health Blog: Stay updated with the latest research, insights, and tips about menopause wellness on our blog. [Visit Blog](#)

Elda Health Community: Join our community forum to connect with other women navigating their menopause journey. Share experiences, ask questions, and find support. [Join Community](#)

Elda Health App: Download our app for personalized guidance, symptom tracking, and access to a wealth of resources at your fingertips.

[Download Android App](#)

[Download IOS App](#)

Elda Menopause Test: Get to know your menopause stage and understand your symptoms better with our Menopause Test. [Take the Test](#)

Elda Programs: Explore our various programs designed to help manage your menopause symptoms and enhance your overall well-being. [View Programs](#)

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