



Yoga and Naturopathy for Women

Before and Beyond Menopause

May 19th 10:30 to 1:00 with
Michelle Pouliot and Alina Hernandez

This is a women's workshop about four common health concerns affecting many of us in midlife and beyond. Topics include managing hot flashes/ temperature sensitivity, bladder support, improving bone health and ways to deepen sleep. A synergy of naturopathy and yoga that not only helps with these concerns but improves over-all vitality will be presented.

Gladder Bladders - Preventing UTIs, Pelvic floor vitality

Better Bones - Bone density tests, Calcium, vitamin D and K, and why yoga helps so much. Sitting twists, side bends, and other sitting postures to stimulate the spine that women can do anywhere and daily.

Deeper Sleep - Sleep hygiene, supplements and herbs for sleep. 5-10 minute practice before going to bed to settle the nervous system.

2 Green Pastures Lane on the Kent Green

www.kentyogaandbodyworks.com

