

Menopause Workshops

It's all too clear that menopause can be a life-altering experience. Fortunately, yoga offers a unique opportunity to transition mindfully and gracefully through the ups and downs associated with this chapter of womanhood.

My Menopause Workshops and women's circles provide a compassionate, safe, and empowering setting whereby women spaces where women can come together, practice and share their experiences.

If you join my workshops there is a very good chance that you meet a group of woman, having a similar background to you and you'll have that healthy supportive social network that brings connection and support.

- **Sign up here** to stay up to date and to join my first Menopause Workshop.
- In the meantime join my **Meno at Ease Newsletter** and receive valuable tips and information.

Hope to see you soon,
Jenny