



## Top 4 Exercises for Menopause

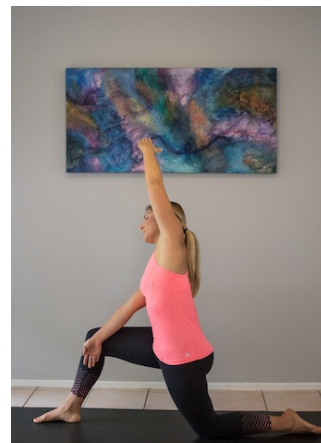
### 1. Mother-Pose with Slow/Controlled Breathing

- *This Restorative Yoga pose is a great option to help open the heart, chest and shoulders and open the lower back and hips. The breathing exercise is a great way to slow the breath and create calmness and relaxation within the body, which in turn will alleviate tension in the neck, shoulders and spine.*
- Lying over a bolster or a few rolled up blankets. Allow your bottom to rest of the floor (or if tight in the lower back sit up on a cushion to elevate your hips a little). Arms open wide to the side. Feet together and knees wide in a diamond-like position.
- Just lie, rest, breathe and open. Close your eyes. Hold the pose for 5-15minutes.
- Variations to make the exercise easier:
  - i. Elevate your upper body or head with a cushion.
  - ii. Place blanket/cushion under each knee if tight in hips and inner thighs.
- If you don't have a bolster roll up a few blankets to make a cylinder.
- **BREATHING:** As you lie here try to slow down your breath and take in full body breaths. Keep neck and shoulders relaxed and tension free.
  - i. **Inhale** in to your lower belly, then expand the sides of your ribs and then in to your lower chest.
  - ii. **Exhale** the breath from your chest, ribs and then lower belly.



### 2. Kneeling Hip Stretch with Lateral Reach.

- *This stretch will help to open and release tension in your hips, pelvis and lower back. It will also help to improve posture and increase breath capacity.*
- Start kneeling with one knee behind you and one foot in front of you. Front knee at a 90degree angle. Have your feet hip width apart for stability
- Reach the same arm up to the ceiling (as the knee that is



- behind you) and laterally reach over to the opposite side.
- You want to feel your hips drawing forward and your tailbone lengthening toward the ground. Your spine should feel as if it is lifting and lengthening toward the ceiling.
- Hold and breath for 8-10 breathes.
- Repeat the same stretch for the other side.

### 3. Single leg slides

- *This exercise will help to improve the strength of your core- especially your lower abdominals and create strength and stability of the lower back.*
- Start lying on your back with your feet together and on the floor. Spine is rested, shoulders are relaxed and arms are long by your sides.
- Create and maintain your abdominal connection by gently lifting your pelvic floor and zipping from your pubic bone to your belly button. Slightly imprint your lower back to the floor whilst maintaining this connection
- **Inhale;** to slide your right leg away from your hips along the floor out straight.
- **Exhale;** to slide your right leg back to the start
- **Inhale;** to slide your left leg away along the floor out straight.
- **Exhale;** to slide your left leg back to the start.
- Keep alternating from one side to the other- about 6-8 times on each leg.
- Once you're strong enough you can try sliding both legs out together at the same time.
- Try not to arch your lower back or let your pelvic tilt forward. Keep you abdominals strong and use your abs to create the exercise.



### 4. Hip Rolls

- *This exercise will help to create flexibility of the entire spine and strengthen the lower abdominals, glutes and lower back. It teaches you to articulate the spine, which in turn with alleviate a lot of tension in your back and hips.*
- Start lying on your back with your feet on the ground and at hip width apart, bent at about a 90degree angle. Arms long by your sides and shoulders relaxed.
- **Breathe in** to gently tilt your pelvis, so your back comes flat on the floor, by drawing in your pelvic floor and zipping your lower abdominal muscles from pubic bone to belly button.
- **Breathe out:** Now continue articulating your spine from the ground one vertebra at a time from lower back, through to mid

back and then you will balance between your shoulders blades and feet.

- **Breathe in** to hold at the top feeling your glutes wrapping, backs of the legs (hamstrings) and lower abdominals stay engaged.
- **Breathe out** to roll your spine back to the mat one vertebra at a time until your back at the start position.



*Any further questions email [Tenille@awomanswellness.com](mailto:Tenille@awomanswellness.com).  
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