

M E N O P A U S E !

A mid-life Metamorphosis and Gateway to a richer life with HORMONE YOGA, the alternative, holistic approach

YOGI Bhajan, the master of Kundalini Yoga once quoted:

*For some the earth is a five star hotel, and for some it is a dungeon
All that matters is how many smiles and hellos you can give to all!"*

I would like to reach all of the many woman out there who are in a stage of hormonal transition, also called menopause, who think that menopause is a tall, red insurmountable brick wall or that beyond there glooms the life of an unattractive, tottery, wrinkled, bored and inactive old woman.

"All that matters, is how many smiles and hellos you can give to it."

You have to see menopause as the natural progression of your moon cycle. True, some women who enter this phase might have light or even quite important symptoms of discomfort either on a physical or emotional level, as the level of their hormones start changing at the onset of menopause.

Some women with strong symptoms will definitely need medical attention. But at least 20% of all women during menopause have mild or no symptoms. But irrespective of the level of the problems, all the women should rebalance and reactivate their bodies own hormones. Hormone Yoga offers a gentler and better approach then the conventional HRT. Statistics tell us that regular yoga and especially Hormone Yoga lead to an increase in the bodies hormonal levels around 250 % in 6 months, if practiced consistently.

And there are women with no symptoms whatsoever who are healthy, happy and full of energy, which lead a very active and healthy life without excesses, manage stress situations with ease and are calm and balanced. Women who do regularly Yoga belong to this last group.

What is Hormone yoga?

Hormone Yoga is based on the realization that there is an alternative method to influence our bodies systems and organs other than the traditional allopathic medical way. It is based on the Yoga philosophy that the body, mind and spirit is a unity and that all together must be balanced in order to be healthy. Hormone yoga targets these organ and glands which need special attention in a time of deep changes in a woman's life .and rebalances the hormones, which at a certain age can create a true a roller-coaster of feelings and mood-swings as their levels decrease. Hormone yoga can also help reducing symptoms of hot flushes, night sweats, fatigue, dryness of skin

and mucous linings, depressions and correct already existing problems like a low hormonal level, postural problems, superficial breathing, joint stiffness, , decrease in bone density (Osteoporosis), lazy bowel movement to mention a few only.

The goal of Hormone Yoga, on a

a) physical level;

is to prevent bone loss as Estrogens level decrease and which leads to osteoporoses, to strengthen the bones and muscles, the nervous system, to correct posture, to increase flexibility and mobility in the spine and the joints, to improve circulation, digestion , to lower cortisol and stress levels and to improve breathing.

b) hormonal level:

Estrogens, are not the only hormones that are produced by the ovaries. So are Androgens and Progesterone. Well- being in menopause depends at least as much on a adequate level of these hormones. They are produced by organs and body sites other than just the ovaries. These include the adrenal glands, the skin, the muscles, the brain and the pineal gland as well as by fat tissue in the body.

Thus on a glandular level, Hormone Yoga can improve the functioning of the endocrine system, reactivating the glands, therefore diminishing the symptoms of menopause and preventing illnesses who can occur due to the decline in hormone level. Special attention is given to the strengthening of the adrenal glands which will be able to gradually take over hormonal production from the ovaries and produce some of the important feminine hormones .

Other glands that are targeted are the Thyroid and the Parathyroid, but also the Hypothalamus, controller of all the visceral body functions, Pituitary, the master gland and also the Pineal gland, all located in the brain centre. These glands have an important influence on our emotional wellbeing.

c) emotional level

to reduce stress level, irritability, mood swings, lack in sexual drive , low self esteem, depression, insomnia. If you are emotionally balanced, you can handle stress with more ease.

d) energetic level

increases you life energy and distributes it to all your systems, (Prana), creating vitality and well-being.

What is the difference between Hormone Yoga and just Yoga?

Hormone Yoga focuses especially on 2 of the body's systems. These are the nervous system along the spine and directly connected to the brain and the glandular or endocrines system. By using special techniques like Pranayama, concentration, mantras, mudras (body

seals) and bhandas (locks), these techniques deepen the effect and intensity of a classical Yoga posture. This again has a direct massaging and stimulating effect on the targeted glands and the neural system. It also uses static and dynamic exercises, meditation and relaxation.

Its focus is also on the energetic centers in our bodies called the Chakras. They have many functions but one of their main function is to distribute the pranic life energy in the body.(Life energy)

About the class material:

The classes are based on the experience and book "Hormone Yoga" by a youthful and internationally well known 83 years old Brazilian Yoga teacher, Dinah Rodriguez and the teachings of Kundalini Yoga by Yogi Bhajan, his wealth on information about women, their moon cycle, health, beauty, grace, strength and their important role in our world. He has given us hundreds of sequences of exercises which directly improve a woman's well-being.

Each class will start with an introduction to the days special theme, then 5-10 min of centring through breathing techniques, called Pranayama, to calm the "monkey Mind" and a series of warming-up exercises.

Next follow Yoga postures , forward-bends, backward bends, twists, inversions in combination with deep yoga breathing and body locks, that target exclusively the glands in need of special attention during menopause and which have proven to be therapeutic and very effective.

A sequence of dynamic Kundalini Yoga exercises will follow with a special topic each time, ranging from "Physical and mental vitality, to " the warriors stress release" by strengthening the adrenal glands, "Healthy bowel system" "Stimulating the pituitary gland", "Yoga for beauty and grace", "Get rid of anger and fear", " Relax and renew", "Yoga for laughter and fun" etc.

Each class will end with a relaxation and meditation.

I will use uplifting music, dance, recipes for skin and body care, healthy food to detox, discussions and a special lecture by a medical doctor .

A quote by Yogi Bhajan which I think is appropriate for women in menopause: "Women can get out of shape and then get in shape and the body has an automatic inner capacity towards that. The fact is, that she (the woman) does not want to do it."

Conclusion:

85 % of woman experience some symptoms and bodily discomfort due to Menopause. But as women, we are used to bear with that. Just think back at the time of entry into womanhood with the onset of the

menstrual cycle, of pregnancy, of childbirth... See it as a progression in our life as a woman and part of the natural cycle. No need to fear aging. Remain strong, active and vital throughout your life! No need for the body or the mind to deteriorate.

There are other cultures who celebrate menopause as a gateway to freedom, to wisdom, to liberation, where through life's experience an older woman becomes the teacher for the younger generation and a light for them. You could also think of it as a time where, as a human, we complete a task which we started in adolescence. At midlife, a woman thinks back at her life and wonders where she has been and how far she has come. Children are leaving the home, now is the time to realize the dreams she had never had time to fulfill and prepare the soil for the next stage of her life, a time for self-expression. Midlife can be a turning point. It was definitely for me.

In a miraculous way, at a time of great emotional upheaval, Yoga found me, helped me out of depression, of hyperactivity, running away of myself, of self-doubts, of feelings of inadequacy and lack of self worth. Yoga showed me the richness and abundance of the gifts of life. My vision is to share my enthusiasm with other people and to bring the healing and purifying fire of Yoga to other women in need of it.



Dorly Viollier