



Harley Street at Home

MENOPAUSE

Yoga Expert Louise Pitman



I'm Louise, a yoga teacher who specialises in women's health, a womb massage practitioner, breath guide and menopause mentor. Why am I so passionate about women's health and particularly during the menopause transition? I am post menopause and truly, this experience has been so transformational and life affirming, I want to support other women to have the same experience. I have undertaken over 500 hours of yoga teacher training, mostly in lineages that will enhance a woman's experience of yoga, but more than that, practices designed for women and what they need to help navigate and sustain their changing bodies.

I have designed my own style of yoga for menopause - re:menopause - as in with reference to the menopause. There are four core practices, one flowing (re:vitalise), one strength based (re:sist), one gentle and nurturing (re:store) and one embodied (re:lease) to shift those unhelpful feelings women can experience at this stage of life. My aim is to help you find the power within. to embrace the woman you are now and rock midlife. I have also undertaken breath training 'Breath for Menopause' and use these techniques to help eradicate symptoms. How does the massage fit into my offering here? Self love. A guided journey which is a deeply nurturing and meditative experience for you to tune into your inner goddess.

I look forward to practising with you!

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