



Digestive Health in Menopause

Week 3

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How Can Gentle Movement and Alternative Remedies Support Digestive Health?

Aims

- To understand the natural remedies that can support digestive health
- To understand how yoga and gentle movement can support digestive health

Rock Pose



Rock pose as seen from the front



A towel or blanket can support this pose



A cushion can also be positioned between your legs

Belly Breath



Knees to Chest



Seated Twist



The seated twist can be performed in different ways - here are just two

Simple Twist



Twisting PPA



Seated Forward Fold



Standing Forward Fold



Childs Pose



Childs pose can be performed with or without additional support. You might find this pose easier to perform with the support of a rolled up towel or blanket.

Bow



Cobra

