



## Yoga, Mindfulness and Meditation Resources

Self-care isn't selfish, and making time for you really can make all the difference to your menopause journey. And however many plates you may be spinning, we have a team of instructors ready and waiting to help you find those moments for you. From yoga and Pilates, to meditation and mindfulness, our experts will share what works for them, and help you find your balance too. No miracle programmes and workouts - just simple, honest, experience from real women like you.

As a Supported Care member of [www.harleystathome.com](http://www.harleystathome.com), you will have access to the following LIVE yoga, mindfulness and meditation sessions:

- **Awaken Your Week Yoga:** Join yoga teacher Alex Bannard for 30 minutes every Monday morning for an energising class to set yourself up for a fabulous week. From postures for strength to calming breath-work and relaxation, this class will leave you equipped with everything you need to glide through your week. All abilities welcome.
- **Restore and Rebalance Yoga:** Press pause on your day and join yoga teacher Louise Pitman for 30 minutes to unwind. She'll guide you through yoga postures and breath practices to help soothe and calm the nervous system. All abilities welcome. Props may be used, but will be readily available in your home.

### Meet Our Yoga, Mindfulness and Meditation Team

#### Yoga Teacher Alex Bannard

Alex comes to you with over a decade of teaching expertise, a life-time's practice, and her own life and menopause experiences. She unites Vinyasa Flo, Yin and Kundalini yoga with breathwork, mindfulness and meditation to create practices to help ease and relieve menopause symptoms. Alex believes that embracing this life changing transition as an opportunity to heal, grow and transform is the gateway to thriving not just surviving in menopause.



#### Yoga Teacher Louise Pitman

Louise is a specialist women's yoga teacher, who has also designed her own yoga style, re:menopause, which focuses on four core principles to supporting a healthy and happy perimenopause and menopause. She describes her menopause as transformational and life affirming, which has driven her to support other women to feel the same.

