



Self-care Resources

Self-care isn't selfish, and mental and emotional wellbeing are as important as any other aspect of menopause care. It's your time to put you first and put the rest of the world on pause for a while. Whether you want to recharge, let go, or simply take some time out to reflect, our instructors are on hand to give you the time out you deserve.

As a Supported Care member of www.harleystathome.com, you will have access to the following LIVE self-care sessions:

- **Awaken Your Week Yoga:** Join yoga teacher Alex Bannard for 30 minutes every Monday morning to set yourself up for a fabulous week. From postures for strength to calming breathwork 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.
- **Mind Bites:** Join Rachel Willett as she shares emotional wellbeing tips in just 10-20 minutes, to help you deal with life.

Your Supported Care membership also allows access to our archive of self-care resources, including:

- **Meditations:** Join Alex Bannard for our series of short meditations to help you refocus and destress from the daily pressures of life.

Meet Our Self-care 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.





Harley Street at Home

MENOPAUSE

Transformational Therapist and Coach Rachel Willett

Rachel specialises in helping people overcome low self-worth and to live with courage, confidence and joy. In particular, she enjoys working with women in perimenopause and menopause to help them rediscover themselves and develop their emotional resilience. Having trained extensively, Rachel is an Advanced Rapid Transformational Therapist, Certified and Clinical Hypnotherapist. Rachel has worked in the UK criminal justice system for over 25 years delivering rehabilitative one-to-one and group work interventions underpinned by Cognitive Behavioural Theory (CBT), mindfulness and coaching.

