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# YOGA for MENOPAUSE

with Patsy Gaetano

(Perimenopause and Postmenopause, too!)

**Saturdays 1:00-2:30pm**

**Feb 6-Mar 13, 2010**

Menopause is a natural life transition. It harbors potential for rejuvenation, transformation and growth. The Shakti creative principle of the Universe is transforming its expression in our bodies, minds and souls. It is a season of life to be celebrated! In this class we will explore both the active yoga poses that address issues such as bone density, depression, weight gain and the restorative poses that address issues of hot flashes, insomnia, hormonal balance and fatigue. Our yoga practice will include asana (poses), pranayama (breathwork), mudra (hand and body positions that work on the energetic level) and meditation. We'll also look at ways to deal with decreasing flexibility, mood swings and all of the other challenges women face during the mid to later years of life. This class is geared toward those with some yoga experience and healthy adventurous beginners.

**Price: \$90 for 6 weeks**

**Drop-in rate \$18**

**To register:**

[wellspringYOGAnm@earthlink.net](mailto:wellspringYOGAnm@earthlink.net)

**body. soul. community.**

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