

Ayurveda For Women's Health: Daily Practices for Navigating Perimenopause and Menopause



GRETCHEN MILLS

May 5

3:30 - 5:30pm

\$45

Whether you are deep in the throws of Menopause or in the decade leading up to this transition, there are many helpful awarenesses and practices for preparing for and soothing the body's natural transformation during this time.

Learn about the science and fresh perspective of menopause through an Ayurvedic lens. We'll explore the unique experience each woman has throughout this phase, as well as the most common symptoms that arise.

- dryness in the body
- fogginess of the mind
- disrupted sleep
- bone health
- weight gain

We'll talk about the physiology of the body, what processes are interrupted, and how we can soothe discomfort through diet, herbs, and lifestyle changes or additions.

Menopause is not considered an imbalance or weakness in Ayurvedic Medicine. It is an opportunity to understand the intelligence of the body and to deepen relationships with Self and the Whole through listening to and nurturing the holistic being.

