Learn how to support women going through perimenopause, menopause and post menopause on the UK's first **Menopause Yoga & Wellbeing Teacher Training Module.**

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This three-day intensive training is accredited by both the British Wheel of Yoga as a personal development module, and Yoga Alliance as a 40-hour teacher training module.

Petra Coveney created Menopause Yoga© after many years of research following her own experience of peri and post menopause in her 40s, and the impact that this hormone imbalance can have on a woman’s body, mind and emotions.

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Her ground-breaking training combines knowledge from both eastern and western traditions, medical science and complementary therapies and include specially adapted yoga poses, breathing techniques, ayurveda and meditation. It also includes Cognitive Behaviour Therapy techniques that the British Menopause Society and Women's Health Concern say are effective in alleviating menopause symptoms such as hot flushes, anxiety and panic attacks.

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Petra is the first yoga teacher to become a member of the British Menopause Society (BMS) for medical and health practitioners and works with Dr Louise Newson at her ground-breaking menopause clinic – Newson Health - in Stratford Upon Avon.

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**MY TT One:**

The first teacher training will take place at Dr Newson's centre for menopause and holistic wellbeing, in Stratford Upon Avon and include an introductory talk by Dr Newson.

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**Dates:** Wednesday 13, Thursday 14, Friday 15 November, 2019,  from 9am-6.30pm.

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*It is only open to 8-10 teachers with two years minimum experience and some personal experience of perimenopause, menopause or post menopause.*

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**MY TT Two:**

The second training will take place at Down To Earth Studio in Islington, London, which has a fully equipped yoga studio for yoga practice and a small study room for lectures and theory.

**Dates:**Wednesday 27, Thursday 28, Friday 29 November, 2019, from 9am-6.30pm.

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In addition to the 28 hours studio contact time, trainees will also be required to engage with 5 hours on online contact and content, and submit homework estimated to take 7 hours.

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**Cost:** £450 or £400 early bird price if booked before October 1st, 2019.

The cost includes:

* Accreditation from British Wheel of Yoga and Yoga Alliance (you must be a member of BWY to receive BWY accreditation)
* Menopause Yoga & Wellbeing workbook
* Goodie bag of Menopause gifts

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Petra says:

"I created this Teacher Training module in response to the requests from women attending my workshops who said they wanted to practice menopause yoga where they lived, and teacher who said they wanted training to teach MY.

“This module aims to train more teachers to take this out to women who can benefit from the MY approach and toolkit of techniques that I’ve developed to alleviate some of the main symptoms of menopause. The Wellbeing element of the course provides a helpful general guide to nutrition, natural remedies, supplements and other lifestyle changes women can make.

“My Mantra is that we should *Nurture and Nourish* ourselves through this next phase of their lives, with the support of other women.

“My method is to Educate and Empower women to Embrace menopause as an opportunity to take a pause for self-study and learn what our changing body needs as we transition to this next stage in life.”

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**To book your place contact Petra on: petra@menopause-yoga.com.**

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Read the full BWY Student Info [Here:](https://docs.wixstatic.com/ugd/94adee_cf783bdf5ebd44e5ab453f918006057b.docx?dn=Student%20Pack%20Menopause%20Yoga%20Module%20v4.do)

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Read the Full Yoga Alliance info [Here:](https://docs.wixstatic.com/ugd/94adee_e0935dc75c59444ba3e9fb1b16245fb5.docx?dn=Student%20Syllabus%20Yoga%20Alliance.docx)