

Riding the Change



An exploration of the peri-mental-pausal years with asana, breath work/meditation and congenial commiseration.

In this workshop we will come together as a group of perimenopausal power-surfing women to share the intensity of this life-changing time and celebrate the initiation into a deeper intuition and a more creative self. This workshop includes a check-in and menopause discussion and explores yoga postures (including restorative yoga poses) that help support the hormonal roller-coaster of "the change". We will practice mindfulness and breath work as a way to connect to ourselves – and in turn, use this work to support us as we lay awake at 3:00 a.m. as our brain re-wires itself.

All women go through this amazing time and every woman has her own story. Join us and share your story as a way of staying sane and present as you enter into your seriously divine feminine.

Ongoing class - meets every other month
July 24th, Sept. 18th, Nov. 20th
1pm - 5pm

cost: \$40 pre-register / \$50 the day of



Jnana Gowan is the founder and director of Powerhouse Education; a company dedicated to the health & well being of all individuals. A teacher for 10 years, she specializes in prenatal and corporate yoga as well as yoga for women in transitional times. Jnana's classes are Iyengar influenced in style. She wrote the chapter "Yoga at the Office" for the book Executive Stamina acting as a consultant for the business world, educating executives on how to use yoga while at the work place. In addition she wrote the "mindful movement" series for the book Mindful Motherhood by Dr. Cassandra Vieten. As an instructor, Jnana has the unique ability to make people of all ages & sizes feel at ease and to share their true essence. She feels that it is highly gratifying to share with each student the wonder and excitement of a body in balance.

For more info on Powerhouse Education go to:

www.powerhed.com

Or contact her directly at 510-734-4122

