

**Workshop on Women's Health: The Season of Peri-Menopause for Yoga Teachers and Yoga Students
Based on the Medical Yoga CE Course [Living Happily Ever After The Season of Childbirth](#)
by Ginger Garner MPT, ATC, ERYT, PYT**

A woman's body goes through enormous changes during the season of menopause. Critical issues which affect a woman's quality of life during the time of menopause are often overlooked or not addressed until they become chronic and debilitating. This 2 hour workshop will teach both the yoga student and teacher, how these critical issues affect both yoga classes and conventional medicine – and what medical therapeutic yoga programming can do to address them. Practice and experience a sequence for peri-menopause and menopause which will benefit a woman's overall health, improve her quality of life, manage existing signs and symptoms related to menopause, and prevent chronic issues.

This workshop offers a unique & personal experience for women. Too often, women do not have enough time with or are too embarrassed to ask questions of their medical provider. Longtime holistic physical therapist and women's health specialist, Ginger Garner, provides an environment conducive to meeting the needs of each student, teaching her how to implement an individualized program that caters to a woman's unique peri-menopausal signs and symptoms.

Participants will learn how to advocate for their own best health by learning what women's health therapies are available and how to get them. Yoga teachers will learn how to establish a professional dialogue & referral sources from local women's health specialists.

Ginger Garner, longtime physical therapist, women's health specialist, and founder of the Professional Yoga Therapy method, will be teaching this workshop.

Learn more about Ginger at www.gingergarner.com and her medical yoga courses at www.professionalyogatherapy.org

Yoga Alliance Credit: 2 Contact Hours/CEU's

This is a 2 hour description but can be adjusted to offer from 2-6 CE's.