

# Wellbeing ✧ workshop ✧

Exclusively for women who are starting perimenopause, in the throws of menopause or post. For only £25pp



## Includes:

- Guided facial massage with techniques & tips to boost menopausal skin
- Breathing techniques to combat anxiety
- Yoga to relieve aches and pains
- Pelvic floor strengthening
- Guided relaxation



5-7pm Sunday 21<sup>st</sup> July  
at High Legh Village Hall



[Book your place bookwhen.com/cheshireyoga](https://bookwhen.com/cheshireyoga)

Hosted by Emma and Angela

  
Cheshire  
MenoYoga®

