

MENOPAUSE WORKSHOP SERIES

BETTER-BEING WORKSHOPS (EN/FR) ON MENOPAUSE
YOGA & NUTRITIONAL THERAPY
STARTING MARCH 2025

Session 1: "From resistance to acceptance : how to deal with your inner fire and accept changes."

This session offers a generalist overview of menopause,
with a focus on perimenopause symptoms.



**SATURDAY 8
MARCH 2025**
14:30-17:30

Shanti Home
Rue Darwin, 8, 1050
Brussels

For more information:
www.brigittewezel.com

PLACES ARE LIMITED

TO REGISTER

SCAN ME



Cost: 60€

Registration until 25 Feb
through the form
+ bank transfer:
BE91 7360 6290 5776

Learn how to minimise stress, harmonise body-mind connection and find your own personal balance during key phases of menopause, such as perimenopause, but not only: a journey through the seasons of life, where yoga meets nutritional therapy to rediscover balance, energy, and well-being with personalized strategies in tune with natural rhythms.

This women circle aims to:

- Understand the different stages of this phase in a woman's life and its most common symptoms: from peri-menopause to menopause,
- Get a clearer idea of the different options/treatments/supports available to help you
- Have access to a supportive safe space for verbalizing, exchanging and learning between individuals at a similar stage of life,
- Favouring a positive approach on Menopause as a bio-psycho-socio-spiritual transition in a woman's life: shedding the often pejorative systemic view of this phase in life and looking at Eastern conceptions which consider that menopause ultimately opens us up to a “second spring”,
- Get general recommendations on nutrition with a specialist: explore how nutrition and micronutrients can become valuable allies in managing symptoms like hot flashes, anxiety, and brain fog. We will delve into the essential role of vitamin D and discover practical strategies,
- Focus on hot flashes, night sweats and stress reduction (with explanations and practices) by acquiring self-help tools to calm down the nervous system through breathing and mindfulness practices, to release heat tension from body tissues and promote relaxation through adapted yoga postures, and finally, to encourage introspection and letting go.

Brigitte Wézel has been teaching yoga for over 12 years, and has specialized in the field of health through yoga for several years. Graduated in Yoga Therapy in London in 2018, she has had her own coaching and yoga therapy practice in Ixelles since 2021 and is on the Board of Yoga in Healthcare, an organization that promotes the spread of yoga in first-line medical structures. She is a group coach, facilitator and change coach.
www.brigittewezel.com

Elena Miceli is a pharmacist and certified nutritional therapist with a focus on women's health. She helps women enhance their well-being through a personalised and holistic approach to nutrition. She addresses concerns related to hormonal changes and the important role of gut microbiota, guiding each woman toward achieving optimal balance.