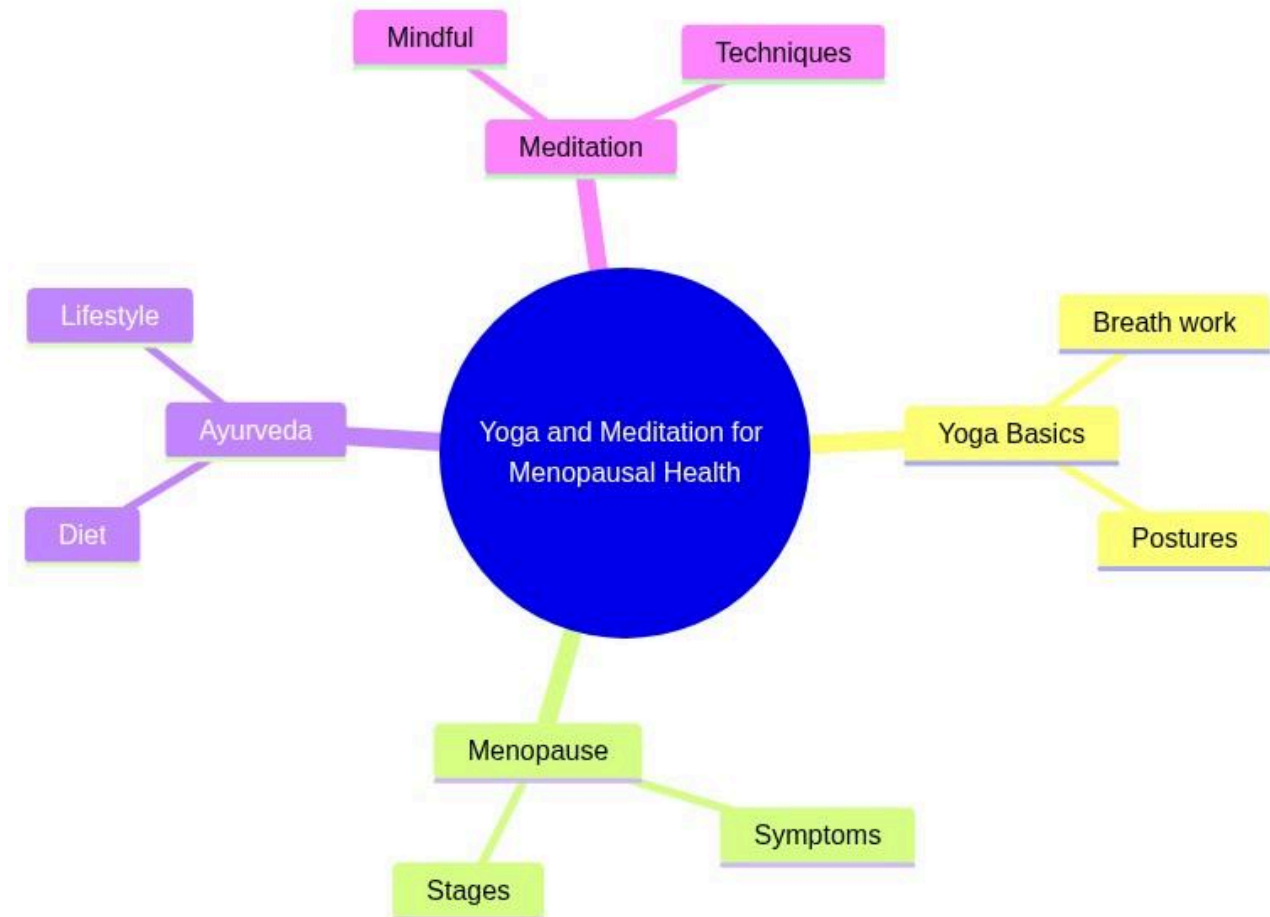


Graduate Certificate in Menopause and Ayurveda

Yoga and Meditation for Menopausal Health



mindmap

root((Yoga and Meditation for Menopausal Health))

Yoga Basics

Breath work

Postures

Menopause

Symptoms

Stages

Ayurveda

Diet

Lifestyle

Meditation

Mindful

Techniques