



**Santhika  
Retreat  
Center**

## Exercise for Menopause

Yogi Bhajan

[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)

This exercise has tremendous benefits for women during menopause and prepares them for this stage of life. Exercise helps keep your ovaries, kidneys, and liver healthy.

Description: Sit on your right heel, straighten your left leg back without bending it at the knee. Let your head tilt back so that your back arches as much as possible. Bend your arms, press your elbows to your torso. Hands at shoulder level, palms pointing towards the ceiling.

Hold the position for 5 minutes (11 minutes maximum).

