

8 Yoga Poses for Women in Midlife



Welcome!



This ebook has a companion video on YouTube. The video takes you through a practice that incorporates all of these poses. Want to watch?

[click here](#)

OR



I created this series as I, myself, move into the 2nd half of life. (Ok, at 54, I'm more than just "moving into it" but since I plan to live to 100 years, I really am! :-))

I am very active. I workout pretty much daily, get my steps in, lift heavy weights and I STILL wasn't doing quite enough in certain areas to keep my body & spirit strong.

My husband and I hit a deer with our car in June 2022 while on the highway. We went from 65 MPH to stopped in a couple of seconds. My recovery included a year of physical therapy where I learned all the parts of me that weren't strong enough to give my body stability.

Add to that, the experience I have with teaching Yoga to middle aged women - in 30+ years of teaching probably 85% of my students have been middle aged women! I *know what we need*.

I created this video as a practice you could do regularly to help you stay feeling GOOD in your body. Let me know if you want more!

*Peace & miracles,
Lara*

PS: I made the 2 pages with the Yoga poses printer-friendly so you can have them next to your mat for a resource.

Other Free Resources

Here are a few free resources for women in midlife for you

FREE TOOL KIT:

Trimming the Midlife Waistline & Minimizing Belly Fat

AND Reduce Other Challenging Symptoms of Perimenopause/Menopause
WITHOUT extreme diets, exercise, you know what we mean!

[Click here](#)

(SimplyTWP.com/toolkit)

VIDEOS ON YOUTUBE



Menopause Survival
Guide: My Personal
Struggles + 3 Crucial
Insights

[watch here](#)



5 Mindset Shifts that
Will Change
Everything! 40s and
Beyond!

[watch here](#)



5 Wellness Secrets
for Women in
Midlife

[watch here](#)



Unlock Your Midlife
Mojo with these 5
Tips: My Monthly
Wellness Reset

[watch here](#)

HERE IS THE PLAYLIST for all the videos:

[click here](#)

OR



Come Follow!

CONTENT



YouTube: @LauraErdmanLuntz



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8 Yoga Poses for Midlife Women

Relaxation

We ALL need to relax more - and I mean *truly relax* not just numb out with the tv or a glass of wine. A good step to help is to reduce the tension we carry from stress. This first exercise will help you.

Moving Spine in 6 Directions



Moving the spine in the 6 directions it's supposed to move: arch & round, twists & side bends) helps release pent up stress and keeps our spines healthier. Do it in cross legged (photo) or sitting in a chair.

UMPH Energy

We ALL need to build “I’ve got this!” or “I deserve this!” energy. The energy that helps us feel we can do things. We CAN speak up, go for our dreams, engage in self-care without guilt. These poses will help you start to add the “dammit” to the back of those statements: “I’ve got this, dammit!” and “I deserve this, dammit!”

Tadasana | Mountain

Learning to stand tall can help us feel strong, improve our self-esteem and counter fear. Do your affirmations from this place of strength - it changes everything! Oh, and then bring your arms overhead - feel it? It’s good, eh?



Virabhadrasana II | Warrior 2



The Warrior poses will bring the “dammit” out. They build courage, expand your energy so you feel BIG and like you CAN do this! When done well, they also stimulate the 3rd chakra - the seat of our personal strength.

Virabhadrasana I | Warrior 1



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Core Strength

Yes, yes, strong abs are important but there is much more to core strength! Think of your core as the foundational, root strength of the body. Your core keeps your body safer. These exercises help you build on other crucial areas.

Shoulder Blade Stability



Strengthening around the shoulder blades helps keep your shoulder joints safer. Feel the shoulder blades firm into the body.

Start on all fours and work your way up to a plank as you feel stronger.

Salabhasana | Locust Pose



One of the most important poses for protecting the muscles around your spine and your neck. You also strengthen your shoulder blades.

Bridge



Get your glutes firing! Bridge helps strengthen these muscles which helps protect the lower back.

Relaxation

You need to learn how to truly relax. As someone who has spent her life learning about countering stress (a story for another time), I was shocked to learn how much MORE relaxation I needed - and intentional. Numbing out with TV and a glass of wine may *feel* like you are relaxing but you aren't. This pose can help!

One of the most important poses - and the one most frequently skipped, especially if you are doing your own practice. Your Yoga practice helps reset the nervous system (the system of the body in charge of stress & relaxation). If you jump up after a practice without Savasana, your nervous system will go back to its usual setting. Savasana helps your nervous system reset to a more relaxed level. You'll never skip it again! :-)

Savasana | Relaxation Pose





Laura Erdman-Luntz, MA

Experienced Yoga Educator, Author, inspiring Life Coach and Business Entrepreneur

Laura has over 30 years experience in the fitness and wellness industries.

She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life.

She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs.

Her Yoga training began in 1988 and began teaching in 1992. She has taught over 500 workshops, over 15,000 hours of yoga classes, coached hundreds of clients and has trained dozens of yoga teachers at the beginner and advanced level. She has studied with Judith Hansen Lasater, Jo Zucovitch, Ramanand Patel, Rodney Yee, Patricia Walden, Barbara Benaugh, Donna Farhi, John Friend and many others.



what's next?

Any of these seem intriguing?

- Lose weight?
- Experience less joint pain?
- Sleep more deeply?
- Have more energy?
- Better focus?
- Reduced bloating?
- Improved GI issues: constipation, diarrhea, reflux!



Join me for a monthly SIMPLY :: clean, a 14-day reset. Focus on shifting your wellness habits to reduce inflammation and improve so many challenges during this time of life!

[CLICK HERE FOR MORE INFO!!](#)

SimplyTWP.com/clean

See you on the inside!

Peace & miracles,
Laura

