

The Midlife Movement

Three memberships, One movement

An online membership platform made for women in their 40s, 50s and beyond. Women who know things have changed and are ready to embrace this midlife version of themselves.

Stronger. Calmer. Freer.



Amy Blythe

Yoga Teacher

Midlife Women's Personal Trainer

Wellness Coach

Sports Massage Therapist

WHY I BUILT THIS

I created The Midlife Movement to support women to navigate this chapter on their own terms. Whether you need to find more stillness, move more, lift heavier or simply reconnect with yourself, this is the space for that to happen. It's a chapter to be lived - with calm, control, empowerment and as much ease and joy as possible. Not a problem to be solved.

MORE MEMBERSHIP INFO

Each of the memberships has their own membership page where everything can be accessed with ease.

[Yoga & Wellness Collection](#)

[Just One Hour](#)

[Seasons of You](#)

The memberships work beautifully on their own, and even better together. Mix and match to build the Midlife Movement Membership that is perfectly yours.

MEMBERSHIP OFFERINGS

The Yoga & Wellness Collection

A growing library of yoga, movement, and wellness - on demand to suit your needs, mood and schedule.

For you if...

You want to practice yoga but life is busy and a fixed time just doesn't work for you. You need to move your body - or maybe you need to find stillness. Sometimes you won't know until you start! There are sequences for both sides of the coin.

What's inside

Sequences ranging from 10-60mins, Flow yoga to Yin yoga, Wellness advice, relaxation practices. New content added monthly.

Investment: £12.50 monthly

Just One Hour Club

If you only had one hour a week to exercise, what would you do? THIS! Just One Hour covers all the fitness components that midlife women need - mobility & flow, strength training, cardio blasts, stillness & rest, and play & joy - because what's the point if you don't have fun?

For you if...

You want the flexibility to train on your terms. You want easy to follow guidance, effective sessions for midlife YOU and you want someone in your corner cheering you on.

What's inside

A new structured session posted weekly to do in your own time. A Mindset Minute - a motivational nudge to keep you on track. Monthly Q & A on Zoom to build your confidence and connect with the community.

Investment: £22 monthly

Seasons of You

A women's circle blending cyclical living with whole-self wellbeing

For you if...

You are curious about cyclical living and you are ready to invite calm, ritual and meaningful connection into your life. You want to reconnect with your body's wisdom, your inner rhythms and the natural world. You crave to be more your authentic midlife self. And you are ready to make space for that.

What's inside

A monthly online circle on the Thursday closest to the new moon. Intention setting, lunar energies, seasonal check in, wellness topics for midlife and a warm, beautiful community. Plus a monthly Full Moon Ritual posted for you to enjoy in your own time

Investment: £33 seasonally or £13 per month

Join the women thriving in midlife. You are very welcome.

www.amyblythe.co.uk/membership