

POSES FOR MENSTRUATION AND MENOPAUSE

UPAVISHTA KONASANA sitting upright with support of wall behind you

5 minutes

- Decreases stagnation in pelvis
- Massages organs of reproductive system
- Stimulates ovaries
- Regulates menstrual flow
- Relieves menstrual disorders
- Corrects prolapsed uterus or bladder



BADDHA KONASANA sitting upright with wall or chair support

5 minutes

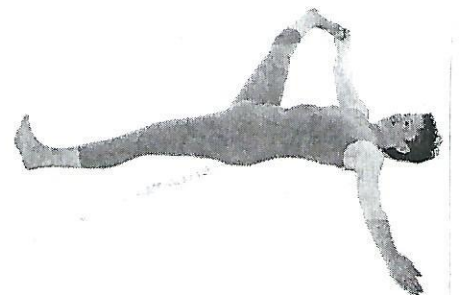
- Decreases menstrual pain
- Irregular periods
- Leukorrhea
- PMS
- Blood flow directed into pelvis, bathes reproductive organs and glands helping to balance hormonal function
- Strengthens bladder and uterus



SUPTA PADANGUSTHASANA with one foot pressed into a wall

2 minutes each side

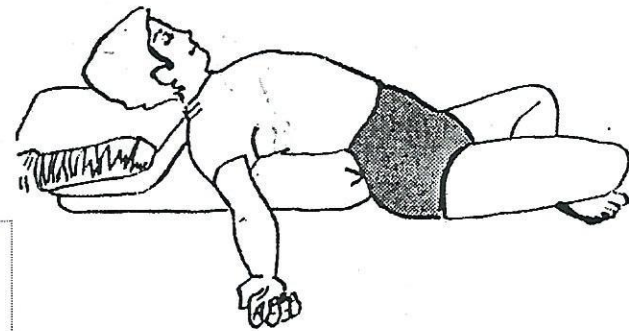
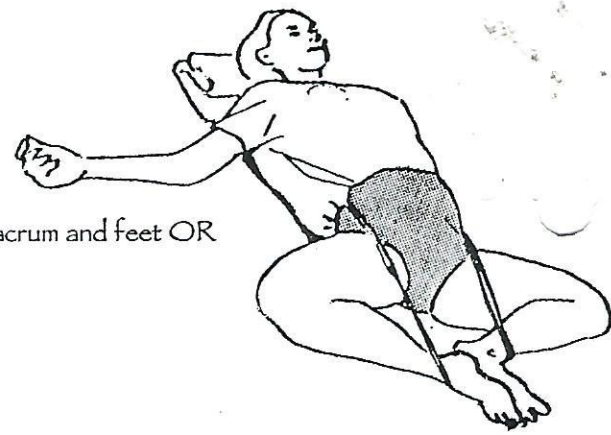
- Relieves cramps
- Relieves heavy bleeding
- Relieves pain during cycle



SUPTA BADDHA KONASANA with belt around sacrum and feet OR
 SUPTA SWASTIKASANA legs crossed at ankles

5 minutes Tridoshic

- Decreases kapha by releasing water retention
- Tones kidneys – reducing fear/building courage
- Alleviates menstrual pain
- Alleviates leukorrhea
- Improves blood circulation in pelvic region, abdomen and heart
- Corrects prolapsed uterus
- Beneficial during puberty and menopause
- Relieves fatigue



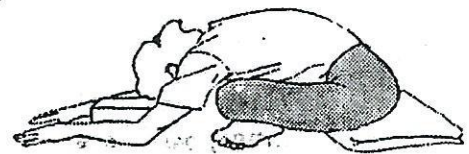
ALL FORWARD BENDS:

- ◇ Sedate
- ◇ Compress lower abdomen and pelvis
- ◇ Release excess heat
- ◇ Aid cramps and heavy bleeding
- ◇ Decrease hot flashes and night sweats
- ◇ Allow throbbing brain cells to rest
- ◇ Reduce irritability and mental tension

YOGA MUDRA / SWASTIKASANA with head support

2-3 minutes each side

- Calms and soothes the mind, nervous system
- Sedative effect
- Good for relieving hot flashes



ADHO MUKHA VIRASANA with fists over ovaries

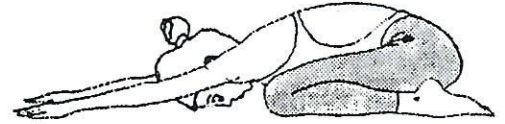
5 minutes

- Brings energy to core
- Decreases pitta irritability
- Relieves low back pain

ADHO MUKHA VIRASANA over bolster/blankets

5 minutes

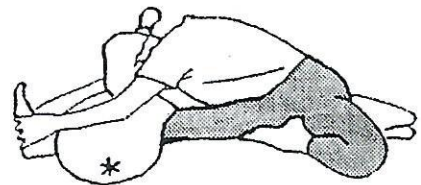
- Alleviates menstrual pain
- Alleviates depression associated with menstruation
- Insomnia
- Improves circulation to perineum and anal sphincter through stretching these tissues from center to periphery
- Relieves lumbar/sacral pain



JANU SIRSASANA with support for the head

2-3 minutes each side

- Relieves migraines
- Reduces cramps
- Relieves dryness and itching in vagina
- Prevents fibroids and regulates flow



PASCHIMOTTANASANA with support for the head

3-5 minutes

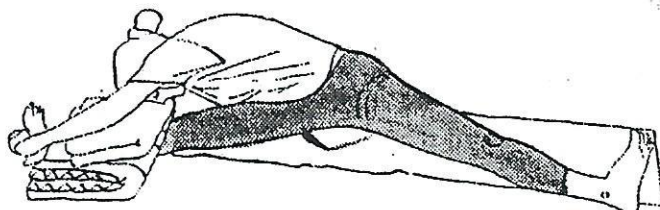
- Stretches pelvic region
- Ovaries, uterus stimulated and revived
- Rests the heart
- Has magical effects on the mind
- Supplies oxygenated blood to the organs in the pelvic region



UPAVISTHA KONASANA forward, then to the side, with support for the head

2-3 minutes

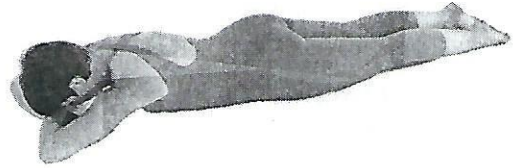
- Tones kidneys
- Regulates ovary function
- Balances blood circulation in pelvic region
- Regulates menstrual flow



MAKARASANA

5 minutes

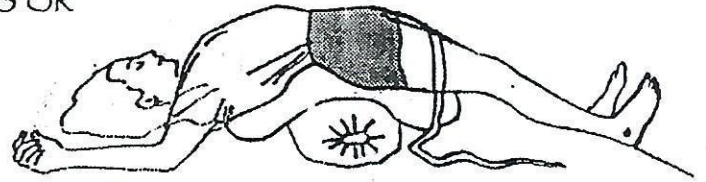
- Soothes PNS
- Draws mind inwards
- Decreases severe cramping
- Decreases anxiety, nervousness, irritability



CROSSED BOLSTERS / BLANKETS OR VIPARITA DANDASANA BENCH

10 minutes

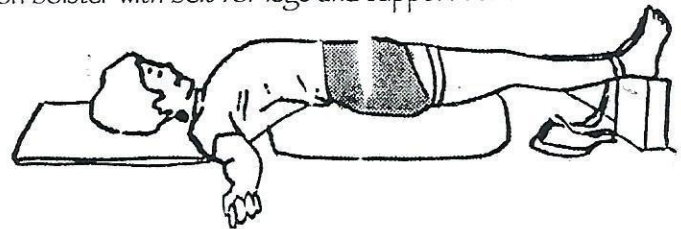
- Creates space in pelvic region
- Releases lumbar area



SETU BANDHA SARVANGASANA on bolster with belt for legs and support for feet

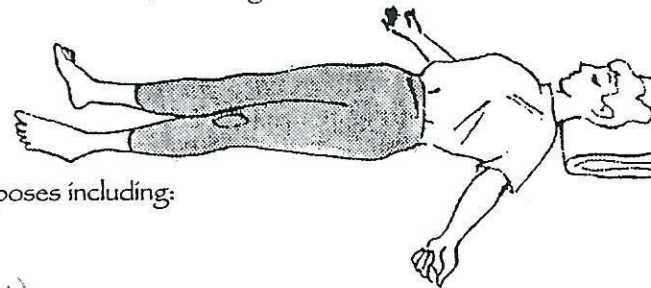
10 minutes

- Regulates cycle
- Increases will power, self-confidence



SAVASANA with lower legs supported on bolster or stacked blankets, sand bag across ankles

10 minutes



To be avoided while bleeding are all inversions and strenuous poses including:

- Urdhva mukha svanasana ^(up dog) and active backbends
- Chaturanga dandasana ^(plank)
- Jathara parivartanasana, prasarita padasana and navasana or any abdominal work ^(double leg lifts)
- Jumpings ^(legs to side spinal twist)
- Rope work ^(boat)
- Inversions: sirsasana, sarvangasana, halasana, full arm balance, forearm balance and viparita karani

The above information is drawn from various yoga sources – “Yoga, a Gem for Women” by Geeta S. Iyengar and “Relax and Renew: Yoga for Stressful Times” by Judith Lasater, PhD, P.T. – and was compiled by Michele Khalef.