

Practice during menstruation

Photos & Text Hills Yoga: October 2013



Deep breathing & breath awareness



Stay up to 15 minutes in each pose.
Use other props if you do not have a bolster.

TO SOOTHE, RELAX & RELEASE TENSION DURING MENSTRUATION.

This time of the month can be supported with a restorative, soothing and cooling yoga practice that will help relax and release tension in your abdomen, and calm your mind.

Poses to PRACTICE DURING MENSTRUATION: poses that keep the abdomen soft, release tension from abdomen & back, promote mental calmness, are cooling, relaxing and nurturing (supported forwards, supported reclined & breathing practice)

Poses to AVOID DURING MENSTRUATION: Poses that reverse the flow (inversions), poses that compress the abdomen, uterus or create heat (deep twists & deep backbends).