



# Menstruation

## Information Sheet

It is fine to do the YogaHealth classes whilst you are menstruating. However depending on how menstruation affects you, it's a good idea to take the class really easily, especially during the first three days of your cycle.

There are certain postures which although are not harmful, you may feel are best avoided during the first 3 days of your period, or when the flow is heavy. These include:

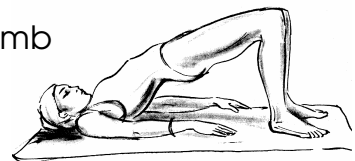
**1. Inverted postures.** Although they will not cause any harm, inverted postures do reverse the natural downward flow of energy, and may make menstrual bleeding heavier. The only inverted postures that we do are the Half Shoulder Stand and the Plough, and only occasionally. However, when we are practicing these postures, it's best to rest or just stick with the releases and warm up exercises that we do before hand.

**2. Strong standing and balancing postures.** It's best to avoid anything strenuous at this time. Menstruation is not a time to exert yourself or expend a lot of energy. Because physical strength is diminished during menstruation, you may feel shaky and off-balance.

**3. Paradoxical breathing or Uddiyana Bandha** – these involve pulling the belly inwards. If you are experiencing cramps, avoid this all together. If not, you may want to just do them very gently. Do what feels right for you – use pain as your guide - if it hurts, make the movement smaller or stop altogether.

### Postures which can help with lower back ache associated with menstruation:

- Gentle spinal twists
- Shoulder Bridge – alternating with Tucked Womb
- The Forward Bend
- Child position and Yoga Mudra
- Belly breathing



Remember to always feel free to rest whenever you feel like it. Menstruation is not a time to push your body, but rather, a time to go within. Whilst resting, you can simply belly breathe, or practice Ujjay Pranayama (focusing on the breath in the throat to make a soft snoring sound).

If you suffer from PMT and want to know more ask your instructor about an information sheet or check out the web site.

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