

YOGA PRACTICE APPROPRIATE FOR WOMEN DURING MENSTRUATION

12

Tell the teacher at the beginning of class that you are menstruating. A quiet practice of sitting postures, supine supported postures and supported forward bends is best for the physical conditions of menstruation. The practice also creates a quiet and centered mind.

If you have normal periods, are not experiencing discomfort, and are attending a regular class, you may do later standing poses: Utthita Trikonasana, Utthita Parsvakonasana, Virabhadrasana II and Ardha Chandrasana with support of the wall. Also Parsvottanasana can be done with hands on the wall. At home the standing postures are better dropped in favor of supported supine postures and supported forward bends. For menstrual difficulties please consult your teacher.

Avoid all inversions and strenuous postures including these:

- Urdhva Mukha Svanasana and active backbends
- Chaturanga Dandasana
- Jathara Parivartanasana, Urdhva Prasarita Padasana, and Navasana (abdominal work)
- Jumping
- Rope work
- Arm Balances

Expanded Program for More Experienced Students

A good program to follow when in class or for home practice is:

1.



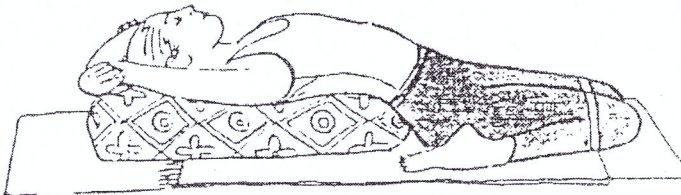
Upavistha Konasana - sitting upright with support of the wall. 5 minutes.

2.



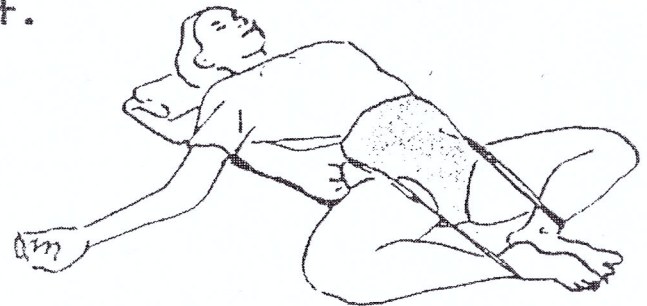
Baddha Konasana - sitting upright with wall or chair support. 5 minutes.

3.



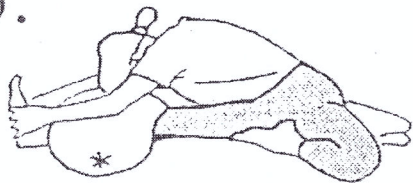
Supta Virasana. 5 minutes.

4.



Supta Baddha Konasana, with belt around sacrum and feet. 5 minutes.

5.



Janusirsasana with support for the head. 2-3 minutes each side.

6.



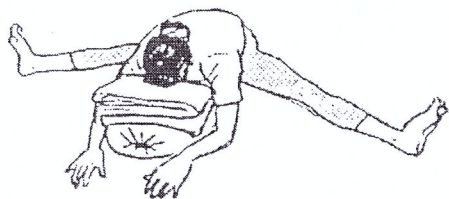
Triang Mukhaikapada Paschimottasana. 2-3 minutes each side.

7.



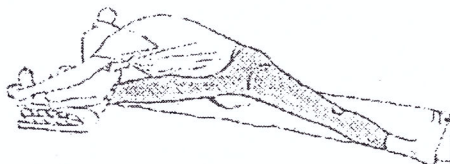
Ardha Baddha Padma Paschimottasana. 2-3 minutes each side.

8.



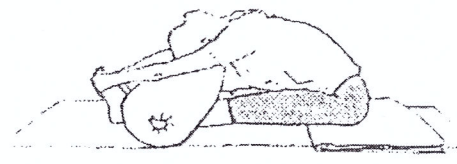
Upavistha Konasana forward, with support. 2-3 minutes

9.



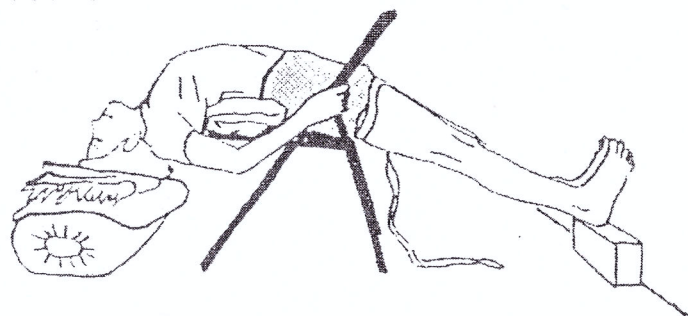
Upavistha Konasana to the side, with support. 2-3 minutes each side.

10.

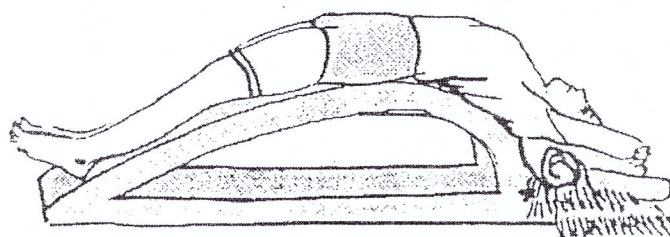


Paschimottasana. 5 minutes.

11.

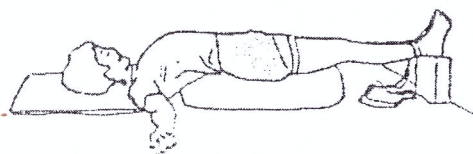


Supported chair backbend 5 minutes...



... or Viparita Dandasana bench, 10 minutes

12.

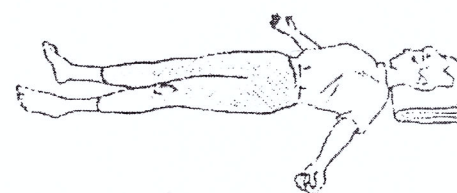


Setu Bandha Sarvangasana on bench or bolster, with belt for legs and support for feet, 10-15 minutes...



... or Baddha Konasana Setu Bandha Sarvangasana. 10-15 minutes.

13.



Savasana. 10 minutes.

Based on the work of Yogacharya B.K.S. Iyengar and Dr. Geeta Iyengar
 Recommended reading: Yoga, A Gem for Women by Geeta S. Iyengar
 I.Y.A. of G.N.Y, Bobby Clennell, Mary Dunn, Brooke Myers

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