

# RIDE THE WAVE OF YOUR MENSTRUAL CYCLE!



Here, I want to share with you how to ride the wave during your menstrual cycle and not be overwhelmed by it, simply by incorporating YOGA.

Did you know that traditional yoga was created by Iyengar and tailored only towards men? Fortunately, his daughter Gita Iyengar adapted yoga for women's practice, incorporating the menstrual cycle. Now, we can enjoy a more sensitive style of yoga to enhance our women's health, keeping us youthful and beautiful for longer.

Have you ever considered that practicing standard yoga might harm your health? There are crucial details women need to be aware of to support their health and avoid harm while practicing yoga. A friend once shared that she experienced painful menstruation after undertaking an ABC training during her period. When I informed her that ABC training is strongly discouraged during menstruation, she realized her mistake.

In this guide, I'll reveal secrets about your women's cycle and how you can use yoga to promote and maintain good health. While the primary purpose of our cycle is to prepare for pregnancy, it's essential to note that even if you don't wish to have children, your cycle still defines the state of your health. The better you care for your menstrual cycle, the longer you'll stay young, beautiful, energetic, and healthy. Let's delve into the intricacies of the women's cycle.



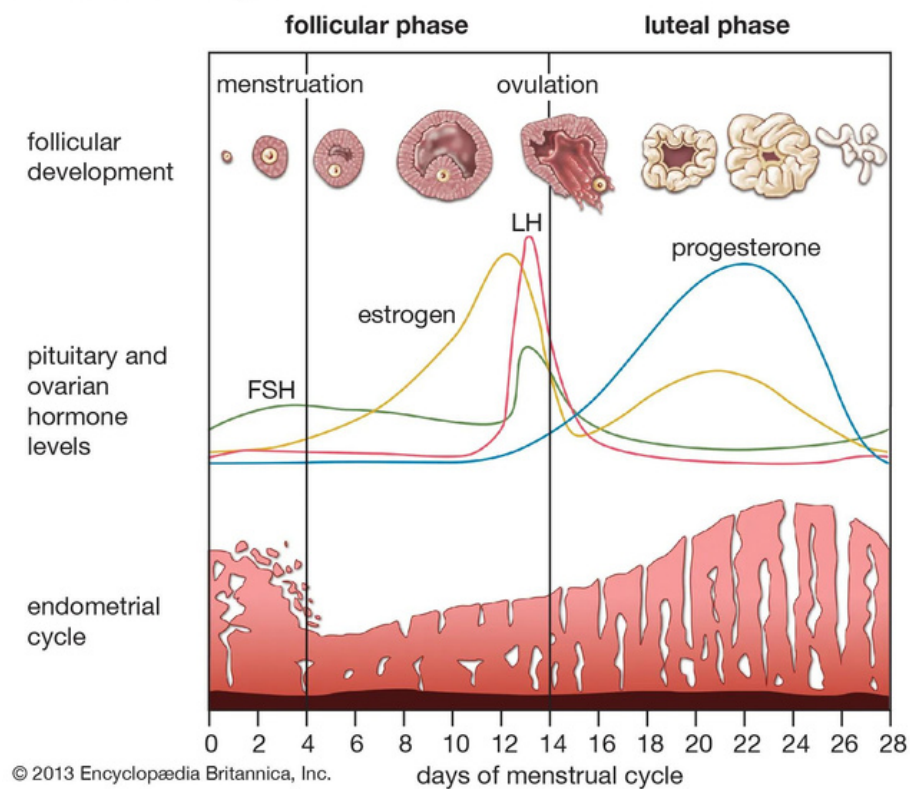


# What is important to know?

"Our women's cycle has three phases (see the picture below). On the image, you can observe the physical changes occurring in our female body during each phase.

1. Menstruation (first day of the cycle) – Follicular phase
2. Ovulation (around the middle of the cycle)
3. Premenstrual period – Luteal phase"

## The menstrual cycle



# But what is happening with us emotionally and mentally, and how can we deal with it?

The best way to harmonize my women's cycle, for me, is by engaging in a specific yoga practice for each phase. In my yoga routine, I draw inspiration from the oldest book on women's yoga by Gita Iyengar. Observe how the yoga practice differs with each cycle.

Yoga during menstruation is especially sensitive because we are cleansing our body with blood. During this period, we lose a significant amount of vitamins and minerals, making us feel tired and in need of extra care. Even if you feel fine and haven't noticed anything during your menstruation, your yoga practice should be adjusted. Below, you'll find an original example of a yoga sequence for menstruation (see the picture).



## “Yoga during menstruation”



1. Адхо Мукха Шванасана



2. Уттанасана



3. Утхита Хаста Паршва  
Падангуштхасана



4. Ардха Чандрасана



5. Прасарита  
Падоттанасана



6. Супта Паршва  
Падангуштхасана



7. Адхо Мукха Вирасана



8. Паривритта Адхо Мукха  
Вирасана



9. Адхо Мукха  
Свастикасана



10. Паривритта Адхо Мукха  
Свастикасана



11. Парватасана



12. Парватасана рук с  
положением ног  
Свастикасы



13. Джану Ширшасана



14. Трианг Мукхаикапада  
Пашчимоттанасана



15. Ардха Баддха Падма  
Пашчимоттанасана



16. Маричиасана I



17. Пашчимоттанасана



18. Паршва Упавиштха  
Конасана



19. Адхо Мукха Упавиштха  
Конасана  
— с вертикальной второй



20. Адхо Мукха Упавиштха  
Конасана  
— с горизонтальной второй





It's also important to know that there are certain yoga poses that are prohibited during menstruation:

1. Inverted poses
2. Closed crunches
3. Balances on hands
4. Deep slopes
5. Complex and simple deflections
6. Asanas where the abdominal part is compressed, including ABC training (as I already mentioned to my friend 😊)

## Yoga after menstruation.

Usually, on the 7th and 8th days after menstruation, the yoga practice can be quite active because we are slowly regaining our strength. We become more interested in engaging with the world and being active. However, if you have any gynecological problems, your practice for the entire cycle needs to be adjusted by a specialist. Please be mindful of your health.



## “Yoga after menstruation”



1. Адхо Мукха Вирасана



2. Адхо Мукха Шванасана



3. Уттанасана



4. Паршвоттанасана



5. Прасарита Падоттанасана



6. Саламба Ширшасана I



7. Уттанасана



8. Саламба Адхо Мукха Ваджрасана



9. Саламба Уттанасана



10. Прасарита Падоттанасана



11. Уттанасана



12. Паршвоттанасана



13. Джану Ширшасана



14. Пашчимоттанасана



15. Ардха Халасана



16. Нираламба Сарвангасана



17. Супта Конасана



18. Халасана



19. Саламба Сарвангасана I



20. Пашчимоттанасана



# Yoga for premenstrual period

If you feel normal and don't experience PMS, you can engage in an active practice similar to yoga after menstruation. However, if you feel nervous, depressed, or overwhelmed, you need to adjust your practice. In my upcoming course, 'Essence of Sensuality,' I will share effective practices on how to express negative emotions in a healthy way without releasing them onto others.

If you look at these pictures and think, 'OMG, it looks so complicated!' Don't worry; I've prepared something special for you. In my upcoming course, you can access yoga videos for every phase of your cycle with detailed explanations in an easy-to-follow format, requiring minimal yoga equipment. Additionally, you'll receive meditations and advice on how to support yourself throughout the entire cycle, even with just 10-15 minutes of your time each day.

If you have a women's disease, please fill out this form to contact me, and I'll help you create your own program using yoga, healthy nourishment, and healing techniques.

Stay tuned on my Instagram Account for updates for my upcoming program:  
**ESSENCE OF SENSUALITY**





IMPORTANT!

# Read the disclaimer

This handout should not be considered as medical advice. It does not replace individual consultations with your doctor. The content of this handout is for informational purposes only. Since each individual situation is unique, you should use your discretion in consultation with your healthcare practitioner before following the recommendations described in this document.

written by

**IRINA DINNEBIER**

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