

## Menstruation or Quiet Asana Sequence

Although menstruation is a normal and natural process, it involves physiological and metabolic changes and your yoga practice should take account of the altered condition of the body during this time. The postures given are a combination of restful asanas that ease pain and strain. Strenuous postures such as standing poses, inverted poses, abdominal poses and vigorous extensions in any poses should be avoided. Yoga practice generally helps complaints associated with the menstrual cycle such as cramp, irregularity, scanty or excessive bleeding, backache and pre-menstrual tension.

If there is no fatigue, a few standing poses may be done quietly using a wall for support. Don't go as far as you normally would and use a block for the front hand. The poses should be done in the order given and held for the durations indicated. During the practice, work calmly and quietly without straining in any of the poses. The illustrations are provided to remind you of what each pose looks like but should be done according to the notes.

For a more complete explanation of the poses consult *Light on Yoga* by BKS Iyengar. For more detailed information concerning yoga and menstruation consult *Yoga: A Gem for Women* by Geeta S Iyengar.

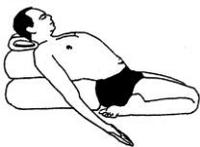
The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S Iyengar and *The Yoga Circle*, 537 North Wells Street, Chicago.

If you have any queries about any of the above, please do not hesitate to ask.

Shayna

1. Supta sukhasana  
(simple cross leg over a  
bolster, blanket for  
head)

OR



Supta Virasana if  
performed



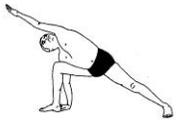
2. Supta Baddha  
Konasana (5 – 7  
mins) Have the  
hands down by the  
sides.



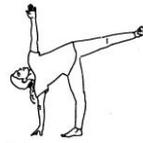
3. Adho Mukha  
Svanasana (dog  
pose) head  
supported using  
bolster or blanket,  
hands to wall



4. If no fatigue,  
Trikonasana against  
wall, top hand on  
waist, bottom hand on  
brick



5. If no fatigue, Parsvakonasana against wall, top hand on waist, bottom hand on brick



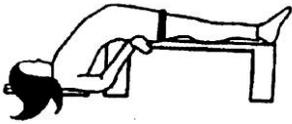
6. If no fatigue, Ardha Chandrasana against wall, top hand on waist, bottom hand on brick, back foot supported on stool



7. Uttanasana resting, feet wider than normal, toes turned slightly in



8. Viparita Dandasana (cross bolsters 5-10 mins)



9. Setu bandha Sarvangasana (any support eg bolster, bench, bricks beneath buttocks etc), feet supported (5-8 mins)



10. Baddha Konasana, back against wall (3-5mins)



11. Upavistha Konasana, back against wall (2-3mins)



12. Upavistha Konasana resting forward on a bolster



13. Janusirsasana head supported on bolster / chair (1-2 mins)



14. Triang Mukhaikapada Paschimottanasana head supported on bolster / chair (1-2 mins)



15. Ardha Baddha Padma Paschimottanasana head supported on bolster / chair (30 – 40 secs)



16. Maricyasana I head supported on bolster / chair (30 – 40 secs)



17. Paschimottanasana head supported on bolster / chair (2-3 mins)



18. Swastikasana - rest forehead to bolster



19. Savasana (5 – 10 minutes)