

Menstruation Notes

These practice notes are to be used as a guide when structuring a Menstruation practice. I have included examples of 5 sequences. For a more detailed explanation read the book *Yoga A Gem for Women* by Geeta Iyengar.

When in class students of the school should observe the following

In standing poses

- Step the feet apart; do not jump the feet
- Work with the back heel to the wall or the back against the wall or trestler
- Hands on the waist for Virabhadrasana I and II, and Utkatasana.
- Hold for shorter timings, 20 - 45 seconds
- Use a block in Ardha Chandrasana and Utthita Parsvakonasana to increase abdominal space
- Keep the abdomen soft.

Standing poses are central to Iyengar Yoga and are often taught in classes. If you experience pain during menstruation Supta Padangusthasana II can be done as an alternative to bent knee standing poses. Ardha Chandrasana with trestler support or back to wall is also beneficial. Advise your teacher at the beginning of class if you are unable to do standing poses.

Do not do Inversions

- Do Crossed bolsters instead of Salamba Sirsasana
- Do Setu Bandha Sarvangasana instead of Salamba Sarvangasana

Take head support.

- In forward bends, Uttanasana and Adho Mukha Svanasana (AMS)

Open sided twists only.

Avoid backbends

Dwi Pada Viparita Dandasana supported over chair is recommended.

General comments

Supine asanas alleviate cramping and abdominal bloating. Examples are Supta Baddha Konasana, Supta Virasana, Matsyasana with bolster along the spine.

Forward bends alleviate backache and pain in the legs as well as being cooling. For this reason head support is taken when doing forward bends.

Avoid abdominal contractions such as Paripurna Navasana.

Avoid Chaturanga Dandasana.

Menstruation Sequences

The following sequences are examples of practice during menstruation

Menstruation Sequence – RIMYI (Ramamani Iyengar Memorial Yoga Institute) 1989

For the first 2 / 3 days of the period.

Supta Virasana
Supta Matsyasana (or simple cross leg)
Janu Sirsasana
Triang Mukhaikapada Paschimottanasana
Ardha Baddha Padma Paschimottanasana
Paschimottanasana
Baddha Konasana (centre then to R & L)
Upavistha Konasana (centre then to R & L)
Supta Baddha Konasana
Dwi Pada Viparita Dandasana (supported)
Setu Bandha Sarvangasana (supported)
Urdhva Prasarita Padasana (supported up wall, nothing under the buttocks)
Savasana

Menstrual Sequence - RIMYI 1996

Suitable towards the end of menstruation

Virasana and Virasana forward bend along bolster
Cross leg and cross leg forward bend along bolster
Janu Sirsasana with head support 1 min
Triang Mukhaikapada Paschimottanasana 1 min
Bharadvajasana 1 and 2
Ardha Baddha Padma Paschimottanasana 1 min
Marichyasana 1 1 min
Bharadvajasana 1 and 2
Paschimottanasana 1 min
Upavistha Konasana (forward then R & L)
Bharadvajasana 1 only
Baddha Konasana (back to the wall) 5 min
Padmasana 1 min
Matysendrasana 1 min
Viparita Dandasana (on backbender) 5 min
Setu Bandha Sarvangasana, legs straight
Setu Bandha Sarvangasana, legs in Baddha Konasana
Virasana forward bend
Savasana

Menstrual Sequence - RIMYI 1997

Supta Virasana
Backbender or cross bolsters
Upavistha Konasana
Baddha Konasana
Janu Sirsasana
Ardha Baddha Padma Paschimottanasana
Triang Mukhaikapada Paschimottanasana
Paschimottanasana
Baddha Konasana in Setu Bandha
Supta Baddha Konasana
Setu Bandha Sarvangasana
Savasana

Post Menstruation Sequence

Uttanasana
Adho Mukha Svanasana
Janu Sirsasana
Baddha Konasana
Supta Baddha Konasana
Upavistha Konasana
Salamba Sirsasana
Upavistha Konasana in Sirsasana
Baddha Konasana in Sirsasana
Salamba Sarvangasana
Setu Bandha Sarvangasana
Dwi Pada Viparita Dandasana
Pranayama
Ujjayi 1 and 2
Viloma 1 and 2

Pre Menstrual Tension

Baddha Konasana
Supta Baddha Konasana
Supta Virasana
Matysasana
Salamba Sirsasana
Salamba Sarvangasana
Halasana
Setu Bandha Sarvangasana (on bench)
Dwi Pada Viparita Dandasana
Maha Mudra