

# Empowering Men & Women: Yoga Poses to Navigate Menstrual Cycles & PMS



Yoga for Menstruation - Yoga for Women - Yoga for PMS  
- PMS Yoga : Yoga Poses for Menstruation - Yoga Poses  
for PMS - Yoga Poses for Women - Yoga Therapy for  
**Menstruation - Menstruation Yoga** by Al Roker

★★★★☆ 4.7 out of 5

Language : English  
File size : 1185 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 11 pages  
Lending : Enabled



Menstruation and premenstrual syndrome (PMS) are natural, but often uncomfortable, experiences for many women. Yoga poses can offer a gentle and effective way to alleviate symptoms, promote relaxation, and maintain balance throughout the menstrual cycle.

## Yoga Poses for Menstruation

During menstruation, our bodies need rest and support. Avoid challenging poses that require significant exertion. Instead, focus on restorative and relaxing postures:

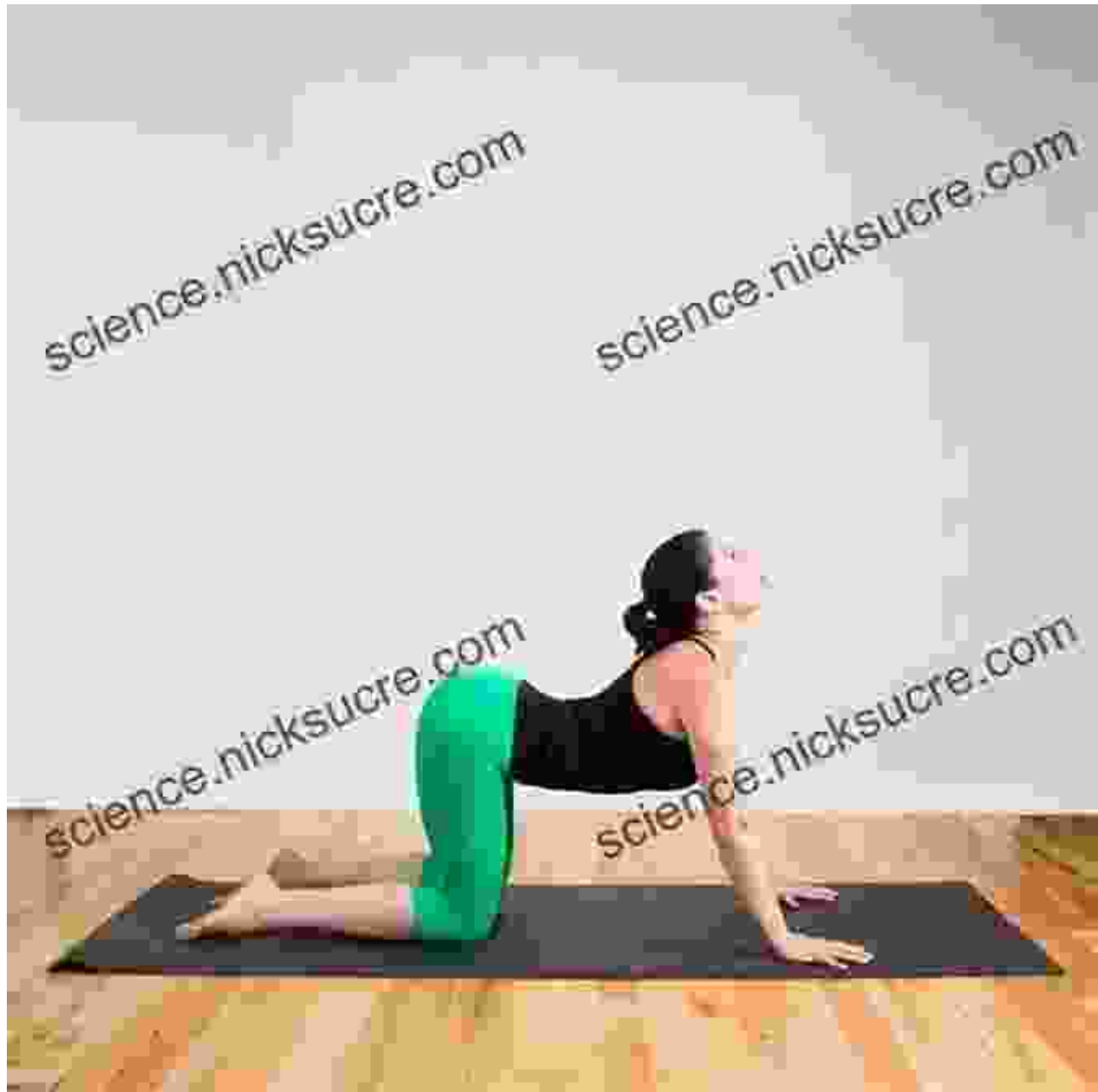
### 1. Child's Pose (Balasana)

With hips on heels, knees apart, and forehead resting on the ground, this pose relieves lower back pain and calms the nervous system.



## 2. Cat-Cow Pose (Marjaryasana-Bitilasana)

On hands and knees, alternate between arching the back (cow pose) and rounding it (cat pose) to improve flexibility and relieve menstrual cramps.



### **3. Bridge Pose (Setu Bandhasana)**

Lying on your back, raise your hips towards the ceiling, supporting your back with your feet. This pose opens the chest, reduces bloating, and calms the mind.



## Yoga Poses for PMS

PMS can bring a range of symptoms, including bloating, irritability, and anxiety. These poses can help alleviate discomfort:

### 1. Seated Forward Bend (Paschimottanasana)

Sitting on the floor with legs extended, fold forward and reach towards your toes. This pose stretches the hips and lower back, reducing bloating and stress.



## 2. Plow Pose (Halasana)

From lying on your back, raise your legs and feet over your head, supporting your hips with your hands. This pose improves digestion,

reduces abdominal bloating, and calms the mind.



### 3. Cobra Pose (Bhujangasana)

Lying on your belly, lift your upper body, supporting yourself with your hands. This pose strengthens the spine, improves digestion, and reduces mood swings.



## **General Yoga Tips for Menstruation & PMS**

\* Listen to your body and rest when needed. \* Use props (e.g., blocks, straps) to support your practice. \* Avoid inversions (poses where your head is below your heart) during menstruation. \* Hydrate well before and after your practice. \* Consider practicing yoga in a group setting or with a teacher for support and guidance.

Yoga can be a transformative tool for women experiencing menstruation and PMS. By incorporating these poses into your practice, you can alleviate symptoms, promote hormonal balance, and cultivate a sense of physical and emotional well-being throughout your menstrual cycle.

Empower yourself and others by sharing this knowledge with family, friends, and colleagues. Together, we can create a supportive community that embraces the natural rhythms of the female body.



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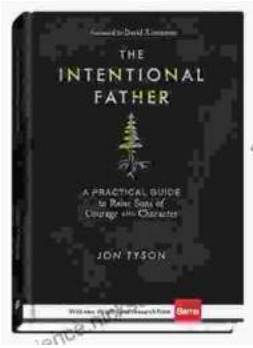
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