



Yoga for Ailments - Menstruation

In this video you will learn a sequence of postures to relieve menstrual pain.

Hold each pose for thirty seconds to a minute or as long as you are comfortable.

Remember to repeat the pose on the other side whenever possible.

Do take time to rest between the different asanas as required, assuming either the corpse pose or the staff pose .

Start with the standing forward bend.

Reach down as far as possible while keeping your knees locked.

Next do the squat and rise pose.

Keep your back straight as you squat.

Move on to the reclining bound angle pose.

Lie down on your back.

You could use a cushion if required.

Move on to the reclining hero pose.

Lie down on your back.

The following pose is the reclining big toe pose.

Extend your leg to the side making sure your hips remain grounded.

The next asana is the bound angle pose.

Bend forward keeping your back straight.

Move on to wide angle seated forward bend.

Separate your legs and bend forward keeping the back straight.

The following asana is the staff pose.

Press down with your hands and straighten your back.

Next do the downward facing hero pose.

Bend forward as far as you can.

Sit cross-legged and bend forward with a straight back.

Next do the head to knee pose.

Reach out as far as you can while keeping your back straight.

Follow up with the seated forward bend.

Keep your back straight.

Move on to the downward facing dog pose.

The knees and elbows should be locked, and the feet flat on the ground.

The following pose is the wide legged forward bend.

Try and bend down as far as you can with the back straight.

Next do the extended side angle pose.

Feel the stretch in your arms, legs and back.

The following asana is the shoulder pose.

Lift your upper body as high as you can and feel the stretch in the back and the stomach.

Move on to the fish pose.

Slowly, tilt your head backward and place the top of your head on the floor.

Lie down on your back and do the bridge pose.

Breathe normally in the final position.

Relax for a few minutes in the corpse pose and concentrate on your breathing.

Regular practice of these recommended asanas will effectively help alleviate menstrual pain.

<https://www.sikana.tv/en/sport/yoga/menstruation>