

Yoga āsanas

for

WOMEN'S
WELLNESS



LIVAYUR

prelude: Benefits Of Yoga For Women's Wellness

Yoga, from the Sankrit word "yuj", means union, to join or to concentrate one's attention. It is a 3,000 year old unique mind-body fitness regime that enhances muscular activity while imbining the self-awareness of the mind, breath & energy.

The overall health benefits of Yoga include mental, physical & emotional wellbeing. It builds strength & endurance, increases flexibility, promotes positive behavioural changes & enables a sense of tranquillity.

Studies show a massive positive impact of Yoga on menstrual health. Therefore, it is now recommended as a safe, non-invasive safe method of relief from pain & fatigue, that has minimal or no side effects.



Further, regular practice of yoga has positive effects on the menstrual cycle as well as one's psychobiological well-being. Yoga helps to balance hormones, promotes the reduction of inflammatory secretions & helps with stress management.

Today, more than ever, women are cognizant that an active lifestyle is the solution to managing PMS.

LivAyur brings you the timeless benefits of Yoga & how practising Yoga before or after the onset of menstruation can help alleviate stress, anxiety, and encourage a healthier version of you.

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Padhastasana



Balasana



Bidhalasana



Matsyasana



Shavasana



padhashtasana (Gorilla Pose)

Method:

1. Begin the asana by standing erect with your feet kept close together.
2. Inhale deeply & slowly.
3. Stretch both your arms straight above your head. Keep your body erect & feel it stretch upwards.
4. Exhale.
5. Bend forward & down with your arms outstretched.
6. Keep your knees straight &

- your head close to your knees
7. Grip your calves.
8. Breathe evenly & maintain the position for up to a minute.

Health Benefits:

This pose helps relax the body. Standing up and bending forward completely stimulates blood circulation through the head. This helps relieve anxiety and mood swings, a common behavioural symptom of PMS.



DID YOU KNOW?

The hands to feet pose or Gorilla pose is actually a variation of the Uttanasana pose. This pose gets its importance as it forms part of the Primary Series of Ashtanga Yoga.

balasana

(Child Pose)

Method:

1. Begin the asana by sitting on your knees, with your buttocks touching your heels.
2. Place your hand on your thighs with palms down.
3. Maintain the position of your thighs by keeping your knees at an appropriate distance from each other.
4. While exhaling slowly, bend downwards & bring your chest between your knees.
5. Swing your hands forward & touch your palms on the ground.
6. Slowly, bring your arms back, to the side of your buttocks.

7. Breathe gently & hold the posture for 2 to 3 minutes.
8. Inhale slowly & return to the starting position.

Health Benefits:

This pose helps relieve the strain on thighs, hips, back, shoulders & neck. It helps to relax the body, manage abdominal pain & alleviates stress, anxiety & fatigue.

Balasana is also therapeutic for the digestive system & regulates irregular bowel movements during the menstrual cycle



DID YOU KNOW?

Balasana is a pose initiated at the beginning or done to wind down all postures. It is said to trigger the rest-and-digest mode of our parasympathetic nervous system.

bidalāsana

(Cat Pose)

Method:

1. Begin the asana by standing on all fours & forming a tabletop.
2. Place your palms facing the floor. Ensure that your arms are right under your shoulders, perpendicular to the floor.
3. Maintain a hip-width gap between your knees & look straight ahead.
4. Raise your chin & tilt your head backward while inhaling.
5. Raise your tailbone & push your navel down while simultaneously compressing your buttocks.
6. Take long, deep breaths while holding the pose.

7. Relax your buttocks, arch your back & drop your chin to your chest while exhaling.
8. Hold your position for a few seconds, then resume the initial tabletop pose.

Health Benefits:

The cat pose helps relieve tension in the shoulders & neck, & improves digestion. It also stretches the back & creates a positive impact on the spine. Further, the combination of the two arches within the pose facilitates a massage to the abdominal & reproductive organs, thus relieving any pain.



DID YOU KNOW?

Bidalasana, or Marjariasana (Marjari - cat, Asana - pose), facilitates in stretching the spine both forwards & backwards, thus working as a neutralising Yoga pose.

मत्स्यप्रज्ञाना

(Fish Pose)

Method:

1. Begin the asana by lying down on your back.
2. Come up to your elbows with your forearms flat on the mat & your upper arms perpendicular to the floor.
3. Keep your forearms in place & puff up your chest by rolling your shoulders backwards.
4. Tuck your shoulder blades firmly onto your back. You should feel your body creating a backbend.
5. Press your palms into the mat.
6. Lower the crown of your head backwards till it comes to the floor opening your throat.

7. Keep your legs engaged & your toes active throughout.
8. To release the pose, press strongly into your forearms & raise your head off the floor.
9. Then release your upper body to the mat.

Health Benefits:

The stretching of abdominal muscles helps massage the abdominal organs, thus relieving tension from the abdomen and lower back. It tones the parathyroid, pituitary and pineal glands. This pose also helps reduce the pressure in the neck and shoulder.



DID YOU KNOW?

The Fish Pose - believed to make you float if practised in water - was first described in the 17th century Gheranda Samhita.

शवासना (Corpse Pose)

Method:

1. Lie on your back with your legs straight, arms relaxed at your sides, palms facing up.
2. Close your eyes & breathe naturally.
3. Release each part of your body, consciously working from the soles of your feet to the crown of your head.
4. If your mind starts to wander, bring your awareness to the sounds around you, then breathe gently & allow your mind to let go.
5. To exit the pose, gently bring your awareness back to your body.

6. wiggle your fingers & toes & slowly open your eyes.
7. Draw your knees in & slowly roll over to your side.
8. Rest there for a moment, inhale & slowly find a comfortable seated position.

Health Benefits:

This pose ensures overall body relaxation and lets your mind surrender to peace. It brings your body into a neutral position and enables balance in the Doshas. It relieves neural and muscular tension, thus ensuring peace of mind during menstruation.



DID YOU KNOW?

Shavasana is typically done at the end of a Yogic cycle to cool down the parasympathetic nervous system activated through other asanas.

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