



HEALTH
WISE

Rhythm of the Goddess
Moon Cycle Practice

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As spoken about in secret #4 – Embracing the Feminine – it is very important to honor the cycles of womanhood, including menstruation. As women, our energies change throughout the seasons, within a day, and especially within our moon cycle.

A more vigorous practice is appropriate after menstruation has just passed and our energy is rising to peak around the 3rd week of our cycle, while during the week before, and through our actual menstruation it is highly recommended that we slow down, go inward and practice in a more gentle, restorative manner.

This may seem odd to some, or new to others, but truly connecting with our inner rhythms and cycles brings us back in sync with nature, and ourselves as a whole. This reunion of the natural rhythms we experience is an important piece to both health and happiness.

The following practice is a guide for you to experience your moon cycle with wisdom, attentiveness and gentleness that will still provide deep release, awareness and relaxation.

Let's begin...

First, gather the appropriate props for your practice.
Things you will need:

- Yoga mat
- Yoga strap
- Yoga block
- Yoga Bolster or pillows



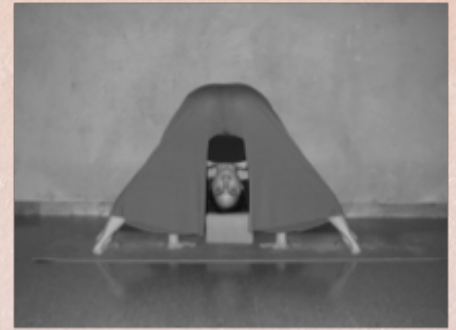
Adho mukha svanasana

Downward facing dog (supported)
This pose relaxes the nervous system, also helps relieve chronic constipation, and indigestion. Also reducing lower back pain during menstruation and PMS.



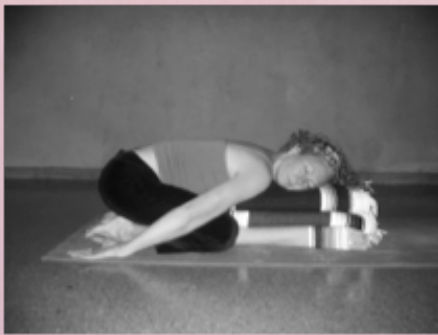
Utanasana (supported) Hanging Forward Fold

This pose relieves fatigue and depression. Soothing the lower back and relieving headaches associated with menstruation.



Prasarita padotthanasana (supported) Wide Legged hanging forward fold

This pose soothes the abdominal muscles giving the body the feeling of tranquility while relaxing the vaginal muscles and breathing into the abdomen.



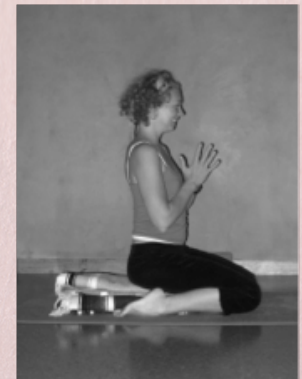
Balasana (supported) Child's Pose

This pose helps to release menstrual cramps and relax the body while releasing unwanted tension and stress in the muscles.



Supta Baddha Konasana Reclined Butterfly

This posture improves blood circulation to the ovarian region, massing and toning the abdominal organs, and alleviates menstrual pain.



Virasana Hero Pose

This posture relieves aches in the lower back. Stretches the chest and increases the capacity for deep breathing.



Supta Virasana Reclined Hero Pose

This posture stretches the hip flexors and releases tension in the shoulders and upper back. Also relieving irritability.



Janu Shirsasana Head to knee Pose

Reduces menstrual cramps and dryness. Helps the mind detach from feelings of restlessness and irritability.



Pacimottanasana Seated forward fold

This posture calms the nervous system while relieving cramps and headaches



**Trianmukhaikapada
pacimotonasana**

Three limbed forward bend

This posture reduces flatulence and constipation, while cooling the body and relieving mild menstrual cramps.



Upavistha konasana

Wide angle seated forward bend

This pose can help the circulation in the pelvis, regulate your menstrual flow and stimulate your ovaries.



Parsva upavistha konasana
**Twisted seated wide legged
forward bend**

The gentle twisting action of this pose may help relieve any menstrual cramps and improve circulation into the pelvis.



**Setubandha Sarvangasana
(supported)
Bridge Pose**

Resting in this pose helps to relieve tension in your abdomen and a heaviness in the uterus and acts to slow your menstrual flow.



Viparita Karani

Legs up the wall pose

This pose will help to calm the nerves and balance the endocrine system, while relieving fatigue and increasing blood flow to the pelvis. This offers the body relaxation.



Savansana
Corpse Pose

This deeply relaxing pose will help you to release your abdominal muscles and vaginal walls. It helps to relieve fatigue, as well as abdominal and lower back cramps.

*Enjoy an easeful transition
and the many benefits of the Moon Cycle Practice.*