

# Yoga for Women's Hormonal Balance: A nurturing practice

Sarah Johnston, Yoga Circle Studio, Snohomish WA 98290



#1.

Reclining bound angle:  
"Goddess Pose"

Softens the belly, opens your chest and stimulates thyroid and adrenal glands. Can help to relieve headaches and beneficial for relieving symptoms of anxiety and depression. Quiets the mind and calms the nervous system.



#2

Reclining Big Toe I :

Helps to relieve stiffness in low back and the backs of legs as well as hip joints. Also relieves menstrual discomfort.



#3

Reclining Big Toe II:

Some women find that this pose relieves menstrual cramps. It is also beneficial for peri- and postmenopausal joint stiffness, hot flashes, back pain, and prevention of osteoporosis.

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#4

**Downward Facing Dog:**

Increases blood supply to brain and offers many of the same benefits as headstand.

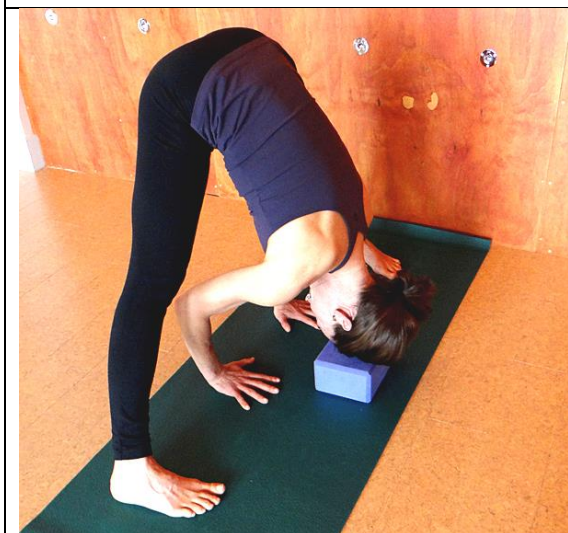
This supported modification combats depression because it helps increase circulation to your chest, improves respiration, and calms your mind.



#5

**Headstand Preparation:**

Stimulates blood flow to your brain and activates your pituitary gland and pineal body.



#6

**Wide Angle Standing Forward Bend:**

This pose can be helpful when you're trying to combat fatigue, calm your mind, tone your abdominal region, and soothe jittery nerves. It also improves circulation in your pelvis, and helps to balance your nervous system. Like Headstand, this pose balances your neuro-endocrine system.



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#7

Supported Child's Pose:

This pose calms your nervous system, helps lower blood pressure, and relaxes your body and mind.



#8

Head toward knee pose:

This pose brings a sense of peace when you feel agitated or anxious. It calms your mind and tones your reproductive organs and the supporting muscles. It may also be helpful in relieving headaches.



#9

Seated Forward Bend:

This pose is beneficial for women who suffer from the free floating anxiety of PMS or peri-menopause. It also can relieve menstrual cramps, chronic tension or migraine headaches, activating your adrenals, and toning your thyroid gland.

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#10

Shoulder stand on a Block:

“the Queen of Yoga Pose”

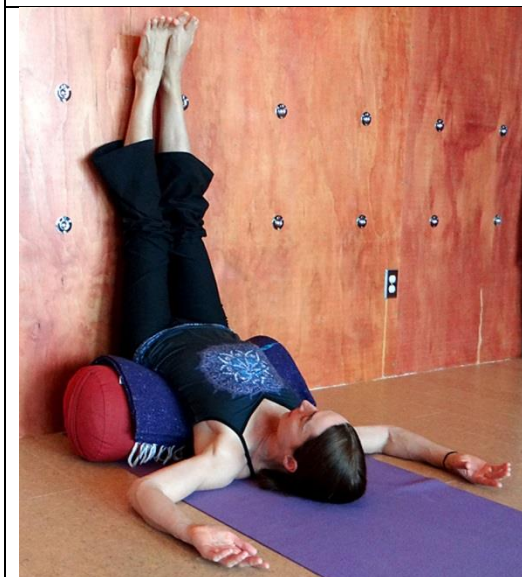
This posture supplies fresh oxygenated blood to your thyroid and parathyroid glands, stimulates your kidneys and soothes your nerves. Can bring peace and new resolve when you feel tired, listless or nervous.



#11

Supported Bridge Pose:

This modified pose helps to relieve anxiety, erratic mood swings, hot flashes, tension headaches, and depression. It is also beneficial for regulating blood pressure.



#12a

Legs Up the Wall Cycle:

This pose helps to calm your nerves, balance your endocrine system, relieve fatigue, and increase blood flow to your pelvic region. It offers your body complete relaxation.



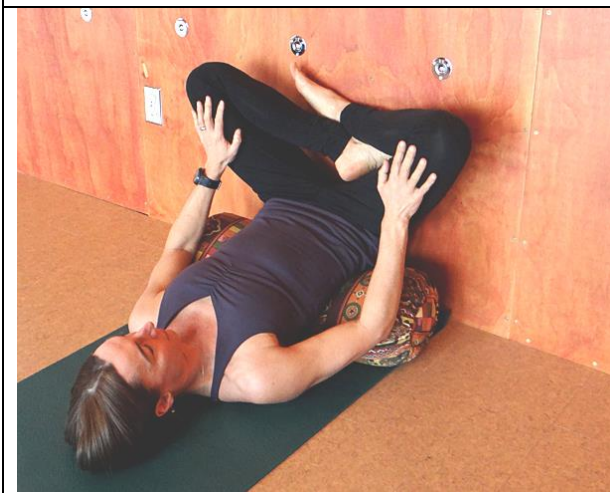
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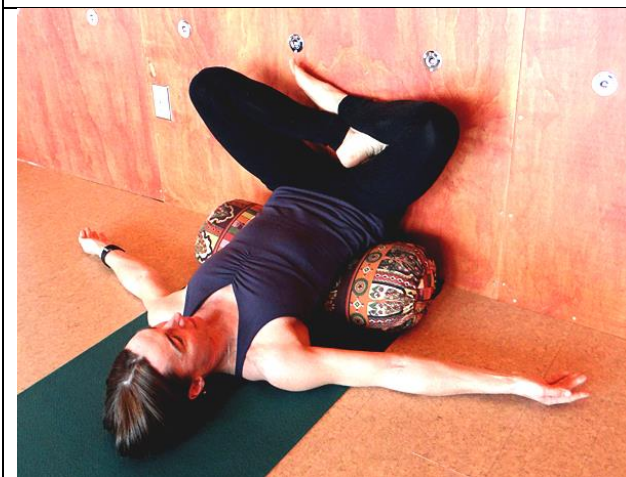
#12b

Legs Up the Wall Cycle:



#12c

Legs Up the Wall Cycle:



#12d

Legs Up the Wall Cycle: