

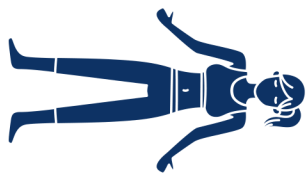
Yoga For Period Pain

Get your breathing right.

With every inhale, feel your belly and ribs expand and with every exhale, pull your navel into your spine. Make your exhales twice as long as your inhales.

Yoga Positions (Asanas)

Positions should be held for a minimum of 10 breaths and if you're liking the pose - do it for longer. You don't have to do all the poses here: the goal is to find stillness and relax into the pose.



Shavasana or corpse pose



Sukhasana or easy pose



Paschimottanasana or Seated Forward Bend Pose



Balasana or Child's pose with arms extended.



Balasana or Child's pose with arms tucked behind.



Cat Pose or Marjaryasana



Cow Pose or Bitilasana



Cat Pose or Marjaryasana



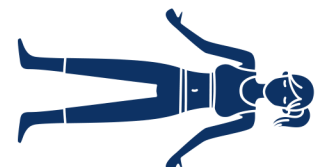
Adho Mukha Svanasana or Downward Facing Dog



Balasana or Child's pose with arms extended.



Viparita Karani or Legs Up the Wall Pose.



Shavasana or Corpse pose