

Yoga during menstruation.

Menstruation affects your energy, mood, and stamina.

As hormones change, you may wonder if you should even attend fitness classes at this time of the month.

Some practitioners discourage you from practicing yoga during menstruation, arguing that it is time for "renewal" and rest.

Other practitioners do not recommend inverted postures, as they direct your energy - which is directed downward during menstruation - in the opposite direction.

True, if you want to do yoga during menstruation, do it. It can help you recharge your batteries, calm spasms and reduce bloating. But the most important thing is to listen to your body. Take a break from asanas if you want. Ultimately, whether you do yoga for your period or not is your personal choice.

Women experience menstruation in different ways. For some, this time is easy - they feel usually. Other women have mild symptoms of cramps and bloating, while some may experience such severe periods that they spend a day or two in bed.

Because of these differences, there is no one recipe as to whether you can practice yoga.

If you feel bad and your bleeding is heavy, you can just relax these days. Yoga teaches you to listen to your body, so use this skill when deciding whether to practice.

Your period may be the time when you change your approach to the practice of yoga. If you regularly practice intensive yoga, in the days of menstruation, choose yoga therapy.

Yoga during PMS.

Approximately 40% of women experience various symptoms of premenstrual syndrome (PMS). I think many of you are well acquainted with such inconveniences during PMS as pains in the chest and lower back, outbursts of anger, bloating and pain in the lower abdomen, burdens to chocolate and other unhealthy foods.

Regular practice of Yoga Therapy for women will help prevent or reduce these symptoms.

First, the practice contributes to the release of endorphins; these are natural substances that increase mood.

Secondly, you can balance and calm the central nervous system and increase the flow of oxygenated blood to the reproductive organs.

Thirdly, what is important, you yourself can relieve stress and relax consciously, which further relieves the symptoms of PMS.

Just 30 minutes of Yoga Therapy practice is enough, including inverted poses and standing postures four times a week.

If depression is an active part of your PMS, it is important to pay attention to the disclosure of the thoracic region and the deflections that will lift your spirits.

It is important to note that in the days of ICP and the first two days of the menstrual cycle, the practice needs to be changed. These days it is recommended to practice restorative poses.

Yoga during menopause and the onset of its symptoms.

The word "menopause" is translated from Greek as "meno" (menstruation, month) and "pause" (stop, termination). Clinically, natural menopause is diagnosed retrospectively after 12 consecutive months of cessation of menstruation.

About a third of a woman's life is after menopause.

Medical studies show that about 20% of women suffer from severe symptoms of menopause, 60% suffer from mild symptoms, and 20% have no symptoms at all.

Symptoms of menopause: mood changes, bloating, abdominal pain, headaches, hot flashes, night sweats, fatigue, insomnia, weight gain, depression, irritability, forgetfulness, lack of concentration, urinary frequency, vaginal dryness and sexual problems. These symptoms vary in severity and nature.

Women experience emotional and physical changes throughout their lives, this is part of the natural process of age-related changes.

Yoga Therapy is the tool that helps balance hormonal changes during menopause, which are observed in women during menstruation and PMS are the same hormones that affect emotional and physical changes.

Yoga Therapy is a universal and proven for thousands of years the healing method associated with the menstrual cycle. After all, many women suffer and take endless chemicals to reduce pain, but which make you addicted, like drugs.

Yoga Therapy can alleviate symptoms and balance you both emotionally and physically.

7 good reasons why yoga therapy can help ease the period of menstruation, PMS and menopause.

1. Practice reduces stress.
2. The physical discomfort will disappear.
3. Reducing tides.
4. Decrease in arterial pressure and night sweats.
5. Yoga Therapy is a completely harmless and natural remedy available to everyone.
6. Yoga Therapy in combination with aromatherapy and Ayurveda increases its effect.
7. Rejuvenates joints.

Structure of the online course "Yoga during menstruation, PMS and menopause"

Course duration 10 days.

What do you get during the course:

Pdf materials with theory and descriptions of practices: what is Yoga Therapy for women and its benefits, basic techniques of Yoga Therapy during menstruation, PMS, menopause and on ordinary days, basic techniques of meditation practice, wise and breathing for women, restoring and improving women's health .

On the basis of the materials sent will be given homework for practice.

Discussion and questions in a group of students or individually

The fate matrix by the date of your birth will be calculated by your program about participation in the group.

4 video lessons lasting 30-45 minutes with the ability to view and practice at a time convenient for you

My Support throughout the course, answers to questions and recommendations

My support in the future, I am always open to talking with you.

Opportunity after completing the course to choose an individual program of the Yoga Course

Be a member of our team and join the unique Yoga tour in the foothills of the Himalayas.

And of course, at the end of the course, we are waiting for your honest review with a photo, which we will post on our sites: with your consent.