

## MENSTRUAL / RESTORATIVE SEQUENCE

This is a sequence suitable for students of all levels that can be used during menstruation. If recuperating from illness or suffering fatigue this sequence can be used by men and women as a restorative practice.

When menstruating ensure that the abdomen and pelvic area are quiet and soft at all times. Use props as needed and consult your teacher for alternatives if you have any difficulties.

*Sequence by Anne Horsley and Mary Matthews based on the work of Yogacharya BKS Iyengar and Dr Geeta Iyengar*

*Photography – © Red Images Fine Photography  
Models – Sharon James and Jen Goldberg*



1. Supta Baddha Konasana 5 - 10 min



2. Supta Sukhasana 3-5 min each side



3. Adho Mukha Svanasana 1 - 5 min  
Take support as needed



4. Uttanasana 2 - 5 min



5. Prasarita Padottanasana 2 - 5 min



6. Utthita Hasta Padangusthasana II 1 min each side



7. Ardha Chandrasana 1 min each side



8. Supta Padangusthasana 2 - 5 min each side



9. Adho Mukha Virasana 2- 5 min



10. Virasana / Gomukhasana Arms 20 -30 sec



11. Baddha Konasana - Belt on Ankles 1 - 3 min



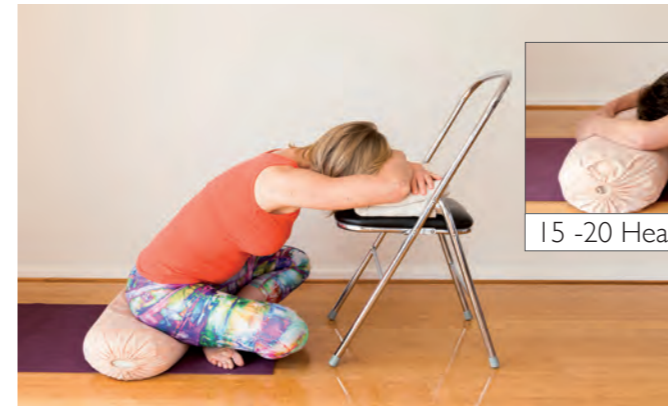
12. Upavistha Konasana 1 - 2 min



13. Upavistha Konasana 1 - 2 min



14. Upavistha Konasana/Hands in belt 1 - 2 min



15. Sukhasana 2 - 5 min each side



16. Janu Sirsasana 1 - 2 min each side



17. Trianga Mukhaikapada 1 - 2 min each side



18. Pashchimottanasana 1 - 5 min



19. Upavistha Konasana 1 - 5 min



20. Parsva Upavistha Konasana 1 - 2 min each side



21. Dwi Pada Viparita Dandasana 3 - 10 min

or



22. Setu Bandha Sarvangasana 2 - 5 min



23. To Baddha Konasana 2 - 5 min



24. To Resting 1 - 2 min



25. Adho Mukha Virasana 1 - 2 min



26. Savasana 5 - 10 min



15 - 20 Head on chair or bolster