



Relieve Menstrual Cramps / Aide in Menopause Symptoms

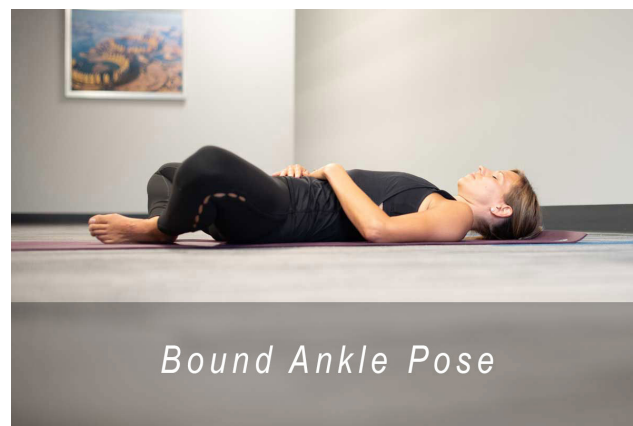
These yoga poses help to relieve symptoms related to the menstrual cycle and menopause transition. They help to reduce cramps as well as headaches, stress and anxiety by calming the mind and body. Hold each pose for at least 6-10 breaths, working into longer holds.



Seated Twist



Seated Forward Fold Modification



Bound Ankle Pose



Butterfly Up the Wall



Supine Twist



Child's Pose