



Some yoga asanas for
gynaecological health

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Introduction

The following yoga asanas are ones which, amongst other things, increase blood flow to the pelvic area, create internal massage, stretch and tone the muscles and ease congestion. They can be useful in gynaecological conditions and a wide range of other situations (referred to after each individual asana here) including pregnancy, the post-natal period and menopause. Ideally it would be better to find a good yoga teacher/class and learn with a focus on your individual needs but hopefully these suggestions can be a starting point.

It's important to look at the roots not just the symptoms of any gynaecological problem, try to establish what's going on and then address it with a combination of approaches ie. herbal, nutritional, counselling, discussion, physical therapies like yoga, massage etc.

Yoga can affect us on many levels, physical, mental, emotional, spiritual, all of which are interrelated and have become fragmented in this patriarchal, capitalist culture. The word yoga means 'to join'. It's impossible to look at our health, especially womens health, at only one level or as a single issue without considering all aspects of our every day lives.

This isn't intended to be a comprehensive yoga booklet, just some basic ideas however, it's still recommended to begin a practice with Tadasana to bring awareness to the body, centre yourself and avoid rushing or straining. It's also important to end a practice with Savasana to allow the asanas to take effect and to rest your body. You could chose asanas inbetween which seem most relevent to you just now.

Suggested contraindications/cautions:

If you have serious health problems or you feel any uncertainties regards your health/specific health issues and the practice of these asanas, then try and speak to a yoga practitioner.

Practice asanas on an empty stomach. It's advised to allow two hours before practising after a light meal, four hours after a heavier meal. These are guidelines, do what feels sensible to you personally.

Never overstretch or feel strain in a pose, work to your own capacity and at your own pace. Take a rest inbetween asanas if you need to.

There are some asanas which should be avoided during pregnancy and menstruation (see the individual asanas).

Generally it's recommended not to practice at all during weeks 11-13 of pregnancy to avoid strain. If you have experienced miscarriages previously and are concerned about this speak to a yoga practitioner before you begin, it might be advised not to practice during the first trimester (first three months) of your pregnancy. Make sure that throughout any practice during pregnancy the abdomen is well extended to create space for the baby. It's usually advised to wait for six weeks after giving birth before beginning to practice asanas again.

It's recommended that practice should be avoided altogether or kept to a minimum during the first and second day of menstruation. Be sensitive to your own needs and listen to your body. Inverted asanas are contraindicated throughout menstruation.

Specific contraindications/cautions will be noted after each of the asanas here.

Sources/ further reading

Light on Yoga- B.K.S Iyengar

Yoga the Iyengar Way- Silva, Mira and Shyam Mehta

Yoga A Gem for Women- Geeta S. Iyengar

Preparing for Birth with Yoga- Janet Balaskas

Natural Healing in Gynecology- Nina Rissim

(herbal remedies but mentions Awiwa Steiner
and the yoga method developed for
gynecological health)

The Handbook of Self Healing- Meir Schneider

(adaptations of yoga stretches for general
health/specific health issues)

Tadasana (mountain pose)

Tadasana is the foundation of all the standing poses. It's important to learn how to stand in Tadasana before continuing and then to take all the points of focus and awareness of Tadasana to the asanas that follow.



Technique:

Stand straight with the feet together. The big toes and the inner ankles should be touching. Keep the weight evenly distributed on the feet; it shouldn't be on the toes or the heels but on the centre of the feet/arches. Don't tighten the toes but try and stretch and spread them so that they have as much contact with the floor as possible.

Lightly lift the ankles, calves and shins upwards. Lift the kneecaps by tightening the quadriceps. Keep the thigh bones in line with the shin bones and the knees in line with the tops of the feet.

Lift the hips and tilt the pelvis forwards and upwards slightly so the 'sitting bones' are moving down towards the floor. Gently draw in the abdomen to support the lower back but keep the abdomen and the breathing soft.

Lift the spine and chest upwards but let the shoulders roll down and back thus opening the chest (you should feel the shoulder blades moving down the back and towards each other). Extend the arms downwards keeping the palms facing the thighs and in line with them. Keep the fingers together. Take care not to lift the shoulders.

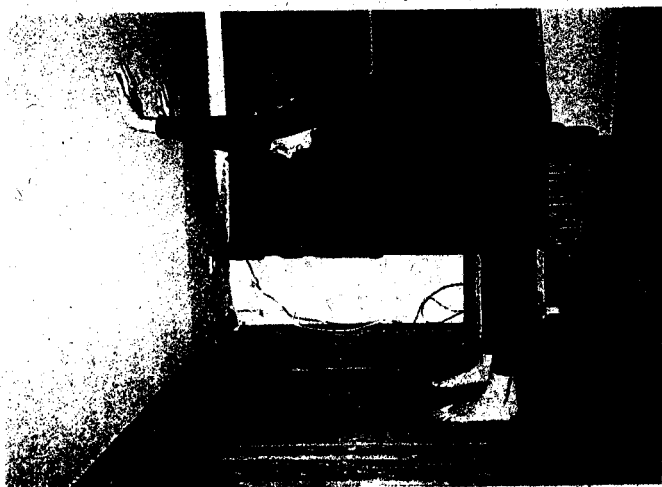
Stretch the neck upwards and move the upper spine back to come in line with the shoulder blades thus lengthening the neck. Relax the throat. Keep the head straight, don't lift the chin upwards otherwise the back of the neck will shorten. Feel the head is lightly resting on the neck and shoulders.

Relax the face and the eyes and look straight ahead but without strain (keep the eyes soft). Relax the tongue and let it rest gently on the roof of the mouth.

Press down into the feet and feel the counterlift in the body adding extra length to the spine. Imagine being pulled up and lengthened from the crown of the head.

Stay for 30-40 seconds.

It's useful to close the eyes after a while to feel how the sense of balance changes and to come into/ centre yourself before you continue.



Uttanasana

Uttana means extension. In this asana the legs, hips and buttocks extend upwards while the trunk and head extend in a downward direction. The natural pull of gravity helps to perform this asana. The body is slightly inverted. ie. the abdomen is raised above the level of the head.

Technique:

Stand up straight and spread the legs so that the feet are hip width apart and the outer edges of the feet are parallel. On an inhalation raise the arms above the head and hold the elbows. Keep the elbows back. On an exhalation extend the arms, head and trunk forwards and downwards. Relax the head and neck and let the head hang.

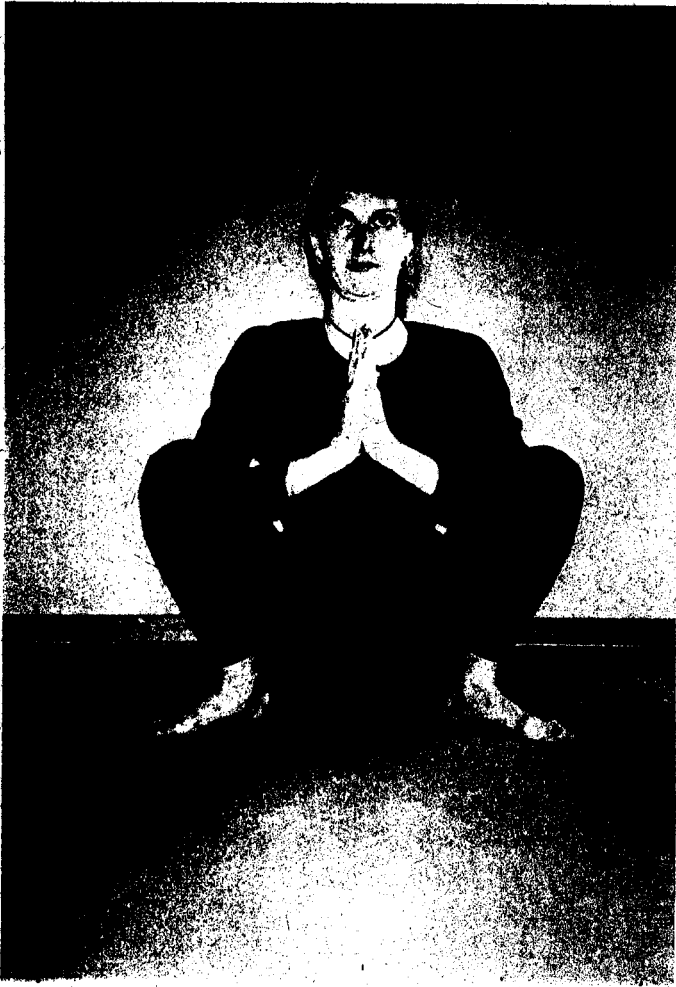
Stay for 20-30 seconds then come up on an inhalation with a straight back. Do not roll up the spine.

Benefits/effects:

This version of Uttanasana is a resting asana, calming the mind and soothing the nerves. There is a good stretch in the back of the legs as well as the back thus releasing tension and congestion. The fact that the inner organs are slightly inverted means parts of the body that are sluggish are stimulated therefore allowing the elimination of toxins. Blood supply to the heart and brain is increased helping concentration and aiding sleep.

Contraindications/cautions:

If you are pregnant or suffer from back pain, place hands on the wall, as shown, to support the back. This asana though inverting the body, may be practiced during menstruation.



Malasana

This asana is beneficial for everyone but can be particularly useful during pregnancy.

Technique:

Stand with the feet slightly wider than hip-width apart. Keep the feet parallel or turn them out slightly. Bend the knees, lean forward and place the hands on the ground. Lower the buttocks towards the floor between the heels and come into a squat.

Place the palms of the hands together and the elbows against the inner knees. Keep the spine straight and let the weight drop down into the heels.

Keep the heels on the floor whilst squatting. If this is difficult place a folded blanket underneath the heels.

Stay for 1-3 minutes breathing normally. Place the hands on the floor and come up. Repeat 2 or 3 times, resting in between.

Benefits/effects:

In this asana the pelvic floor muscles relax and the blood circulation in the pelvic region is improved. Squatting is useful to help relieve constipation during pre-mense or pregnancy. Squatting is one of the natural positions for giving birth therefore Malasana is an excellent asana to practice during pregnancy. With regular practice flexibility in the hips and pelvic joints will be increased. In the last few weeks of pregnancy it will help the baby's head descend into the pelvic brim (engage) ready for birth. (NB see contraindications). The perineal muscles are also stretched in this asana thus helping to prevent tearing during birth.

Contraindications/cautions:

If you have had a cervical stitch or have haemorrhoids, vulval varicosities or severe or painful varicose veins in the legs avoid this asana. If during pregnancy the baby is in breech position after 34 weeks, stop squatting as this may encourage the buttocks to engage.



Dandasana

Dandasana is for the sitting poses what Tadasana is for the standing, i.e. It's the basis of all the sitting asanas. Although it may seem like a simple asana it can be difficult to keep the back erect, if so, practise Dandasana sitting on a folded blanket (only the buttocks should be on the blanket).

Technique:

Sit up straight and extend the legs forward. The thighs, knees, ankles and toes should be together, toes extending towards the ceiling.

Be seated on the sitting bones and stretch upwards with the back, neck and head. Pull up the abdominal muscles and organs and open the chest. Keep the shoulders down and back.

Keep the head light and look straight ahead, relax the facial muscles and eyes.

Place the palms on the floor beside the buttocks, fingers pointing forwards. As with Tadasana, awareness of precision and correct alignment are important.

Benefits/effects:

Dandasana stretches the leg muscles, massages the abdominal organs whilst strengthening the waist and back.



Virasana

Virā means hero or warrior. In this asana the buttocks are placed on the floor between the feet while the spine and trunk extend upwards.

Technique:

Sit on the knees then lift the buttocks off the heels and ease the calf muscles to the sides away from the knees (using the hands). This helps to create space behind the thighs and knees. Now spread the feet slightly apart and sit between them keeping the knees together.

Stay for a few minutes. If this is too difficult, place a folded blanket under the buttocks between the feet, this raises the buttocks thus taking the strain from the knees and easing the stretch in the thighs.

Benefits/effects:

Virasana strengthens the pelvic muscles. This asana also reduces the blood flow to the genitals and massages the nerve fibres which feed them. It can be helpful to women with menstrual disorders and to women during labour.

Contraindications/cautions:

Beware of forcing and straining the knees in this asana. Use a blanket for support if necessary.



Supta Virasana

Supta Virasana is the supine version of Virasana (see Virasana). There is quite a strong stretch in the thighs and back in this asana. A folded blanket may be placed lengthways under the back and the head (the buttocks remain on the floor) for extra support and a lighter stretch.

Technique:

Sit in Virasana (see Virasana), lean back on the elbows then gently lower the trunk to the floor. Once in position, lift the arms and stretch them over the head. The shoulders (unless using a blanket) and knees should remain in contact with the floor.

Try to keep the knees together. This may be difficult at first but will become easier with regular practice.

Stay for 30 seconds then inhale and come up first onto the elbows and then to sitting. Release the legs and shake them out to release any tension.

Benefits/effects:

Supta Virasana creates an excellent stretch in the abdomen and can be extremely useful for women with disorders of the ovaries.

Contraindications/cautions:

See Virasana.



Pascimottasana

Pascima means back and uttana means extension: this asana lengthens and stretches the spine.

Technique:

Sit in Dandasana (see Dandasana) then on an exhalation lean

forward and catch the toes with the hands (a belt or scarf may be used

to loop around the tops of the feet if this is not possible). On an

inhalation pull gently on the feet and extend the trunk upwards making

the back concave. Open the chest and look up. Stay for a few breaths.

While exhaling lean forward and lower the trunk towards the legs.

Do not force or curve the back. Think of lengthening the spine and taking

the head towards the feet. Open the buttock bones away from each

other.

If possible rest the head on the shins, keep breathing evenly.

Stay for 30-60 seconds or longer. Come up on an inhalation

keeping the back straight.

Benefits/effects:

In Pascimottasana the abdominal organs are massaged and

strengthened. The pelvic region is stretched and blood circulation is

stimulated. This asana revitalises the ovaries, uterus and the entire

reproductive system as well as enhancing their efficiency. This asana

also quietens and calms the mind and brings clarity of thought.

Contraindications/cautions:

Never force the head onto the shins. Go into the full asana

gradually descending a little at a time with each exhalation. This is a

pretty intense extension of the back so beware of your body's limits.



Bharadvajasana

Bharadvaja is the name of an Indian sage. In this asana the trunk turns in a spiralling movement as the spine extends upwards and the chest opens.

Technique:

Sit in Dandasana (see Dandasana) then bend the legs and place the feet beside the right hip tucking the left foot underneath the right.

Keep the knees facing forwards. Try to keep both buttock bones on the floor. If this isn't possible (or feels difficult) place a folded blanket underneath the left buttock.

Place the fingertips on the floor beside the hips and extend the spine vertically. Start turning to the left. The right hand may be placed against the left thigh palm facing forward, and the left behind the left hip. Extend the spine upwards with each inhalation and twist with each exhalation. Start by revolving from the hips then the abdomen followed by the chest and shoulders and finally the head.

Stay for 20-30 seconds or continue to the final stage.

Swing the left arm behind the back so as to catch the right upper arm. Take the left shoulder further back and turn the trunk further to the left. Turn and look over the right shoulder. Stay for 20-30 seconds. Come back to the centre and repeat to the right.

Benefits/effects:

Aside from being an important series of asanas for spinal health, twists have a strong influence on the abdominal muscles and organs. They are stretched and compressed as the body twists creating internal massage.

Contraindications/cautions:

Never twist the trunk more than flexibility will allow. It might not feel comfortable to reach the full pose; just stretch and twist to your own capacity.



Ardha Baddha Padma Pascimottanasana

Ardha means half, baddha means bound or caught and padma means lotus. The heel presses into the abdomen which extends over it creating abdominal massage.

Technique:

Start in Dandasana (see Dandasana) then place the right foot on top of the left thigh keeping the left leg stretched and firm. Try not to tense the left thigh muscle.

Lean forward and catch the left foot with the hands (or use a belt to catch the foot) keeping the back straight. Inhale and make the back concave by extending the spine, expanding the chest and lifting the sternum. Look up and stay for a few breaths.

On an exhalation extend the spine forwards whilst lowering the trunk towards the legs. Extend the abdomen up and over the heel and if possible stay for 30-60 seconds then come up on an inhalation and repeat to the other side.

Benefits/effects:

The principals and effects of this asana are similar to those of pascimottanasana (see pascimottanasana) although there is an additional abdominal massage depending on the extent to which you're able to practice the asana.

Contraindications/cautions:

As with pascimottanasana (see pascimottanasana) never force or strain while bending forward. Keep the spine long, don't curve it. Pay attention to the knee, if you're not able to keep the knee on the floor then place a folded blanket underneath it for support.



Gomukhasana (cow pose)

Technique:

Sit in Dandasana (see Dandasana) then bend the right leg and place the right foot beside the left hip. Bend the left leg over the right and place the left foot beside the right hip (or as close as possible). Both sitting bones should be on the floor.

Place the hands on the feet and extend the spine upwards. Stay for as long as possible (or as long as you want to) then uncross the legs and repeat with the opposite leg on top.

Benefits/effects:

Gomukhasana opens the lower back and widens the back wall of the pelvis making it an excellent asana for lower back pain, especially sciatica (common during pregnancy). It can alleviate cramps in the legs and so may be useful to some women during menstruation.

Contraindications/cautions:

If there is a lot of pain in the hips whilst practicing this asana avoid it until the hips become more flexible.



Upavista Konasana

Upavista means seated or sitting. In this asana the legs are spread as wide apart as possible without straining. A blanket may be placed under the buttocks to help keep the spine erect.

Technique:

Sit in Dandasana (see Dandasana) and spread the legs one at a time. Do not open the legs too wide; the buttocks and back of the legs should stay firmly in contact with the floor. Keep the feet perpendicular to the floor with the toes extending upwards. Don't let the feet drop forwards or backwards.

As with Dandasana the buttocks and sitting bones must stay well grounded while the back, neck and head extend upwards lengthening the spine.

Press down the back of the legs and pull up the waist and open the chest. Move the shoulders down and back. Place the hands on the floor behind the thighs to help extend the spine.

Stay for a few breaths, then catch the feet with the hands (if that doesn't feel possible a belt or scarf may be used to loop around the feet). Hold the big toes with the thumb, index finger and middle finger. Lean slightly forward keeping the back straight. Stay for 30-60 seconds.

Benefits/effects:

Upavista Konasana improves blood circulation in the pelvic region. It regularises the menstrual flow and stimulates the ovaries. This is an excellent asana during pregnancy as it widens the pelvis creating space and a feeling of openness. It also increases flexibility in the hip joints.

Contraindications/cautions:

Be really careful not to overstretch the hamstring muscles in this asana. Only open the legs as wide as is comfortable. If the back is weak or has a tendency to curve in this or other sitting asanas, then sit on a folded blanket (keeping the back of the legs in direct contact with the floor) with the back against the wall.



Baddha Konasana (cobbler pose)

Technique:

Begin by sitting in Dandasana (see Dandasana) then bend the knees and place the soles of the feet together. Bring the heels as close to the pubis as is comfortably possible.

Place the hands on the floor beside the buttocks to straighten the back and to steady yourself. Then clasp the feet with the hands and pull on them gently to stretch the back upwards and open the chest and groin. At the same time lower the knees towards the ground.

Stay for 2-5 minutes or longer.

If it's difficult to sit with a straight back then sit on a folded blanket (the buttocks only on the blanket, not the feet). This helps to create lift in the back and is applicable to most sitting asanas. Alternatively sit with the back against the wall.

Benefits/effects:

Baddha Konasana is especially beneficial to the pelvic region as a whole including the reproductive organs. It opens up the pelvis creating suppleness and aiding mobility as well as increasing blood circulation to the area. This asana also strengthens the bladder.

Contraindications/cautions:

Be careful not to strain the knees and ankles. Don't force the knees downwards and don't pull too hard on the feet.



Supta Baddha Konasana

Supta Baddha Konasana is the supine version of Baddha Konasana. It may be practiced with a bolster (cylindrical cushion) or folded blanket placed under the lower back.

Technique:

Sit in Baddha Konasana (see Baddha Konasana) on the edge of a folded blanket or bolster if using one. Lean back onto the elbows then lower the back onto the blanket/ bolster or directly onto the floor. A folded blanket can be used to support the head if necessary.

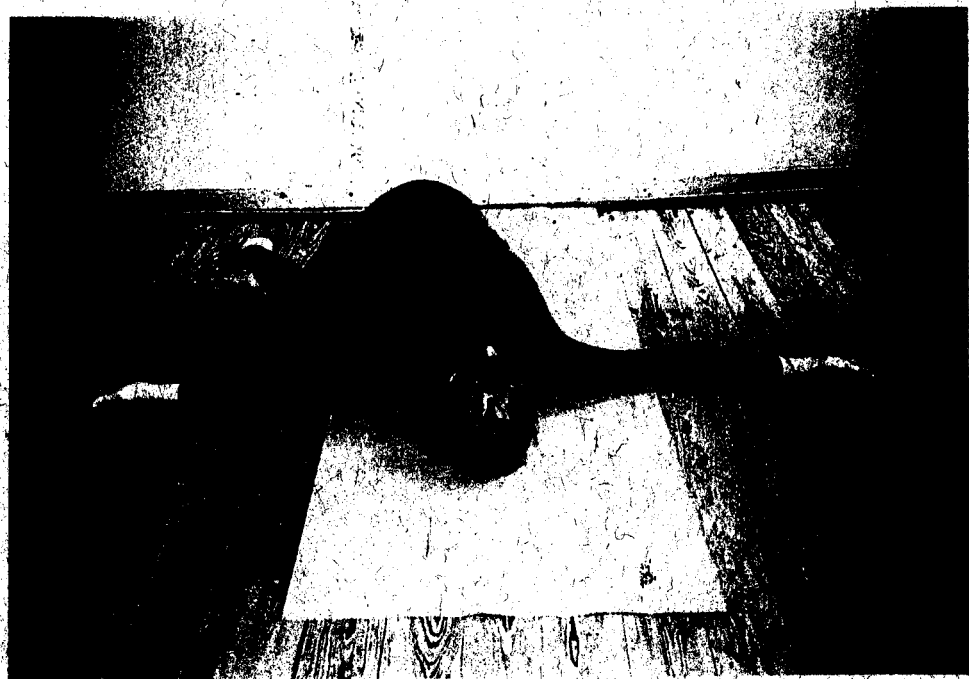
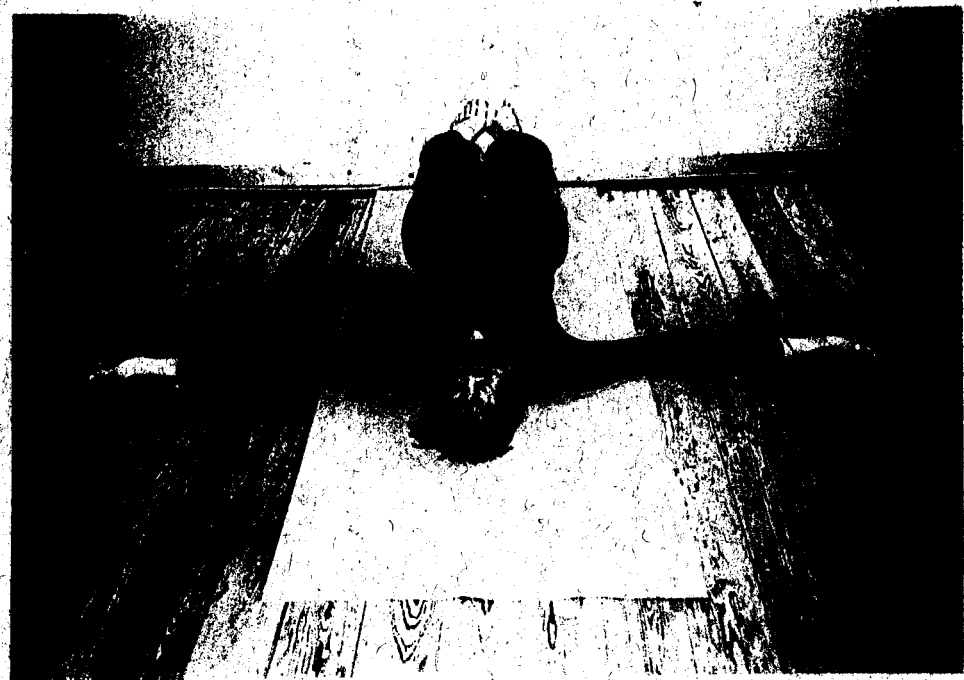
Stay for 5-10 minutes breathing evenly. Come up on an inhalation first onto the elbows then from there to sitting. If the feet slip away in this asana place the toes against a wall to hold them in place.

Benefits/effects:

As well as the benefits of Baddha Konasana (see Baddha Konasana), this asana relieves pain, spasms and burning sensations of the uterus during menstruation. If lying over a bolster or blanket the back becomes slightly arched, creating space in the abdomen and chest. This helps extend the inner organs, relieve cramps, aid digestion and facilitate breathing.

Contraindications/cautions:

See Baddha Konasana



Jathara Parivartanasana

Jathara means stomach or abdomen, parivartana means turning round. This is a variation of Jathara Parivartanasana done with bent legs rather than straight fully extended legs.

Technique:

Lie on the back with the knees bent and the arms out to the side at shoulder level (not higher) the palms facing the ceiling.

On an exhalation lower the knees to the left and place them on the floor. Try to keep the knees close to the trunk keeping the posture compact. Also try to keep the right shoulder in contact with the floor.

Stay for 30 seconds or longer. Then on an inhalation, bring the knees back to the centre and repeat to the right.

Benefits/effects:

This asana is helpful for relieving backache as well as being really relaxing. It also creates internal massage in the abdominal region.

Contraindications/cautions:

This asana may be practiced during pregnancy as long as there is space created for the abdomen. ie. don't pull the knees in towards the trunk.



Salamba Sarvangasana (shoulder-stand)

Salamba means supported, sarvanga means the entire body. In this asana the body is supported by the shoulders, neck and back of the head while the trunk, legs and feet extend upwards.

Technique:

Lie with the shoulders and upper arms on folded blankets, the head on the floor, the back of the neck on the edge of the blanket. Press the shoulders down and move the shoulder blades towards the waist. Turn the upper arms out and extend them towards the feet, elbows close to the trunk. Bend the legs with the feet close to the buttocks.

Press the elbows into the floor, exhale and lift the trunk bending the legs over the abdomen. Support the back with the hands

Use the hands to raise the body higher and bring the chest towards the chin. Straighten the legs up until they are vertical. (Keep using the hands to extend the upward stretch by lowering them towards the shoulders) Lift the hips and stretch the legs without pointing the feet. Keep the head relaxed. Breathe evenly.

Stay for as long as feels comfortable (begin with a few seconds and build it up gradually to 3-5 minutes or longer) To come out of the asana lower yourself gently down to the ground and rest briefly in Savasana (see Savasana) after the asana or continue into Halasana (see Halasana).

Benefits/effects:

Inverted asanas have a lot of beneficial actions. Amongst many others they encourage a rich supply of blood to the brain. They encourage lymph and blood drainage and so purify the whole body nourishing all the cells. Of particular relevance here is the fact that the enriched blood flow affects the pituitary gland encouraging it to operate more efficiently so aiding the whole endocrine system (so inverted asanas may have a place in hormonal imbalances/conditions).

Inverted asanas may also help correct uterine displacements and disorders. The breath becomes slower and deeper which encourages proper oxygen/carbon dioxide exchange as well as massage of the abdominal organs. Relieving pressure from the anus helps with haemorrhoids and this asana is also of help in anaemic conditions.

Contraindications/ cautions:

This asana is contraindicated in high blood pressure, heart problems, thrombosis, weak blood vessels in the eyes, enlarged thyroid, liver or spleen, cervical spondylitis, slipped disc, hernia, arthritis (especially in the neck).

Do not stay in the asana if there is pressure in the head, ears, eyes or throat. This might happen if you jerk the body going up or if the support under the neck/ shoulder isn't correct. If this is the case, relax and/ or rearrange etc.

Never turn the head to the side.

As with all the inverted asanas, avoid during menstruation. Lie with the legs up (see Lying with legs up) as a substitute pose.

If you are pregnant and new to yoga and haven't tried Salamba sarvangasana before, it's not advisable to begin practicing this asana by yourself. Again lie with the legs up (see Lying with legs up) as a substitute.

Halasana (plough pose)

This inverted asana is a continuation/ extension of Salamba sarvangasana (see Salamba sarvangasana) or may be practiced as an asana by itself.

Technique:

From Salamba Sarvangasana (see Salamba Sarvangasana) keep the legs straight, exhale and rest the tips of the toes on the floor over the head. If you can't reach the toes to the floor then rest the straight legs on a chair. Extend the trunk to the ceiling and stretch the hamstrings.

Stay for 3-5 minutes or longer, breathing evenly. To come out of the asana exhale and slide gently down to the floor. Bend the legs coming down if there is any strain in the back. Sit and bend forward.

To practice Halasana as an asana by itself, begin as in Salamba Sarvangasana (see Salamba sarvangasana) but swing the legs to place the toes beyond the head without first extending the trunk and legs up vertically.

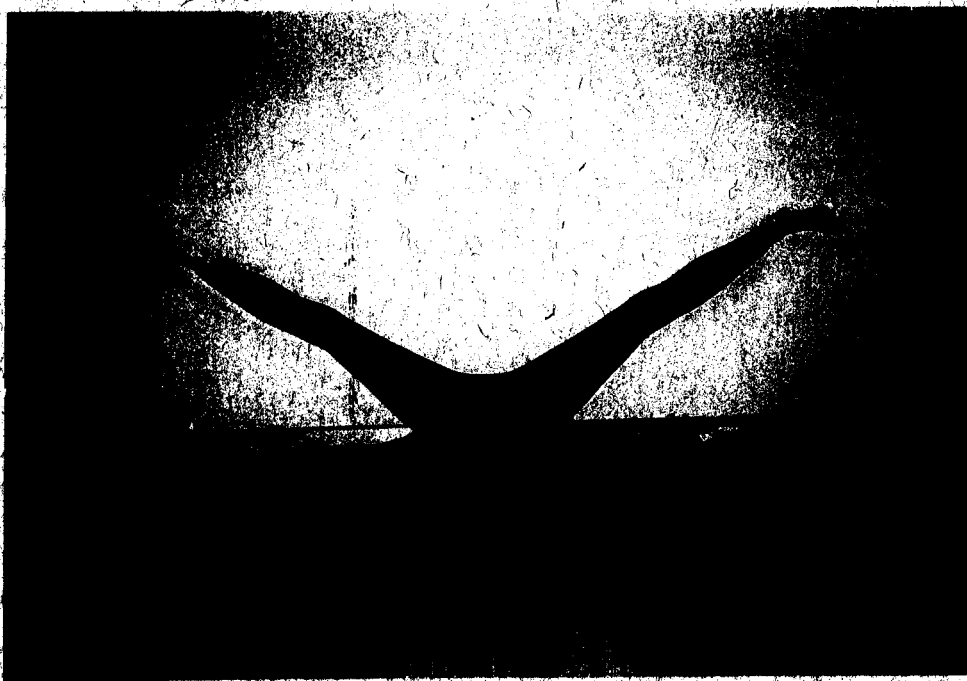
Benefits/effects:

Similar to those listed under Salamba Sarvangasana . Here the abdominal massage is intensified so it's useful for menstrual disorders and digestion/ constipation.

Contraindications/ cautions:

As listed for Salamba Sarvangasana.





Lying with legs up

This pose may be used as an alternative to inverted asanas during menstruation and pregnancy.

Technique:

Sit sideways next to a wall with one hip touching. Lift the legs one at a time and place them against the wall whilst lowering the trunk to the floor (support the weight of the trunk with the elbows as the body comes down). Make sure the buttocks and hips stay on the floor.

Stay for a few minutes then separate the legs. Stay for another few minutes breathing evenly and relaxing, then close the legs, bend them, roll onto one side and come up to sitting.

Benefits/effects:

This is a restful pose, helpful for removing fatigue in the legs.

Savasana

Known as corpse pose Savasana is relaxation where the body and mind are still. Unlike sleeping though the mind is silent but alert and focused. It's important to end a practice this way but it can also be a useful asana on its own to rest and recharge the body and mind.



Technique:

Sit in Dandasana (see Dandasana) lean back onto the elbows and check that the trunk and the legs are in line. Lie down lowering the back vertebra by vertebra. Place the arms, hands palms upwards, slightly away from the body (adjust so that the shoulder blades feel flat to the floor).

Bend the legs slightly, raise the hips and extend the lower back; you can use your hands to broaden the buttocks away from the sacrum, then place the sacrum and lower back flat on the floor and carefully straighten the legs.

If the head tilts back at all, shortening the neck, place a folded blanket under the head. Extend the body and limbs before relaxing into the floor.

Some points of focus:

Take the attention down the body, relaxing each area in turn from the head to the feet or feet to the head, whichever you prefer. Visualising the areas can help.

Imagine the eyes becoming soft and heavy, then the brain becoming heavy, then the face, scalp, ears and eardrums relaxing.

Continue down the body letting go and relaxing the shoulders, chest, ribs, abdomen, down the muscles of the back and buttocks, pelvis, the muscles around the genitals and anus, the legs, arms and so on. Take your time, don't rush.

Relax the fingers and the toes, let the skin on the palms of the hands and soles of the feet become soft. Let the body become heavier and sink into the ground.

Breathe evenly into the abdomen without forcing the breath. If you want to concentrate on the breath a bit more you could use images like waves up and down the body for the inhalation/exhalation to help you focus.

Stay for 5-10 minutes trying not to move the body at all once you have settled into the asana.

To come out of the asana, slowly open the eyes, bend the legs and turn to one side for a moment. Turn to the other side for a moment and then get up from the side when you feel ready.

Benefits/effects:

Savasana can allow the body and the mind to rest really deeply and so it's also a revitalising asana.

Contraindications/cautions:

If you have any lower back problems or feel any strain or find it uncomfortable to lie in Savasana towards the end of pregnancy then bend the knees and lie with the knees bent, feet on the floor or, slightly bend the knees and place a support under them or rest the lower legs and feet on a chair (bent knees).

If you are experiencing anxiety or have a cold, cough or asthma then practicing Savasana with the body raised slightly on folded blankets might be preferable.

Savasana is often contraindicated if you are experiencing depression.

If you feel unsure about the best way to practice Savasana then, try and speak to a yoga practitioner.

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in respect and in revolution

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