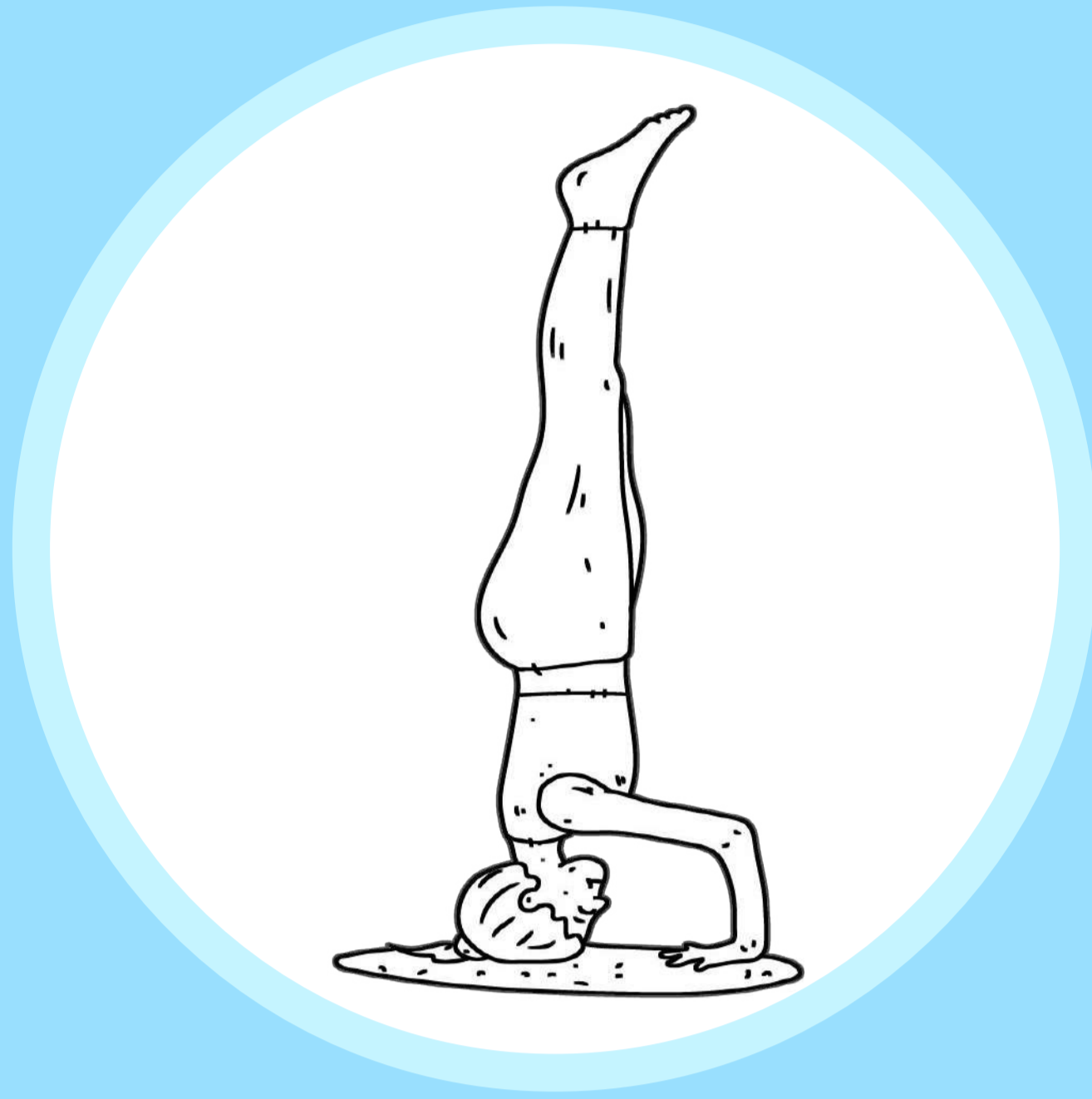
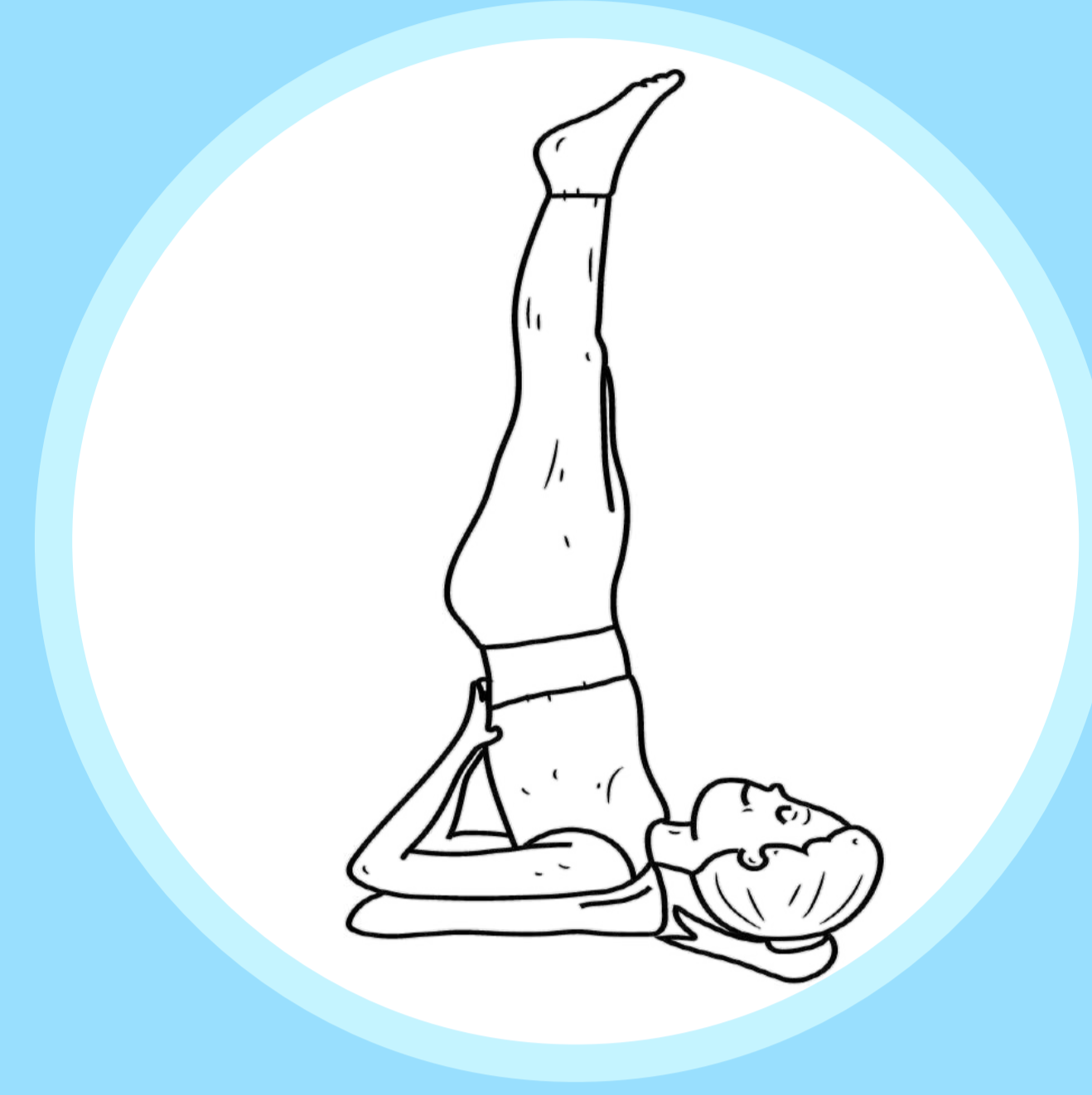


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

## Periods/Menopause\* (p. 1 of 8)



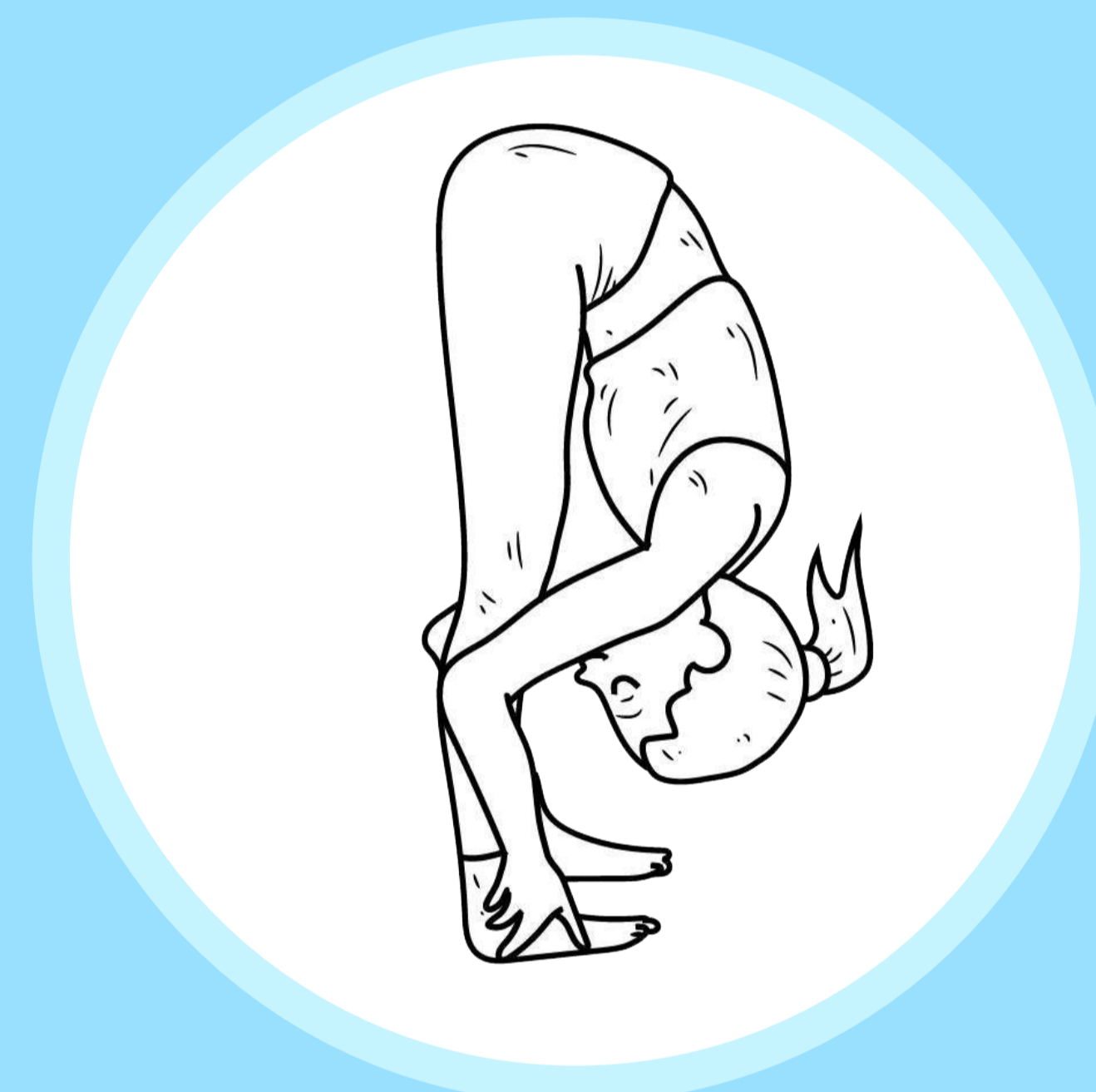
Sirsasana  
(head stand)



Sarvāngāsana  
(shoulder stand)



Paschimottānāsana  
(staff)#



Uttānāsana  
(forward fold)



Adhomukha Śvānāsana  
(downward dog)



Baddha Padmāsana  
(bound lotus)#

# especially good dislocated uterus.

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## Periods/Menopause\* (p. 2 of 8)



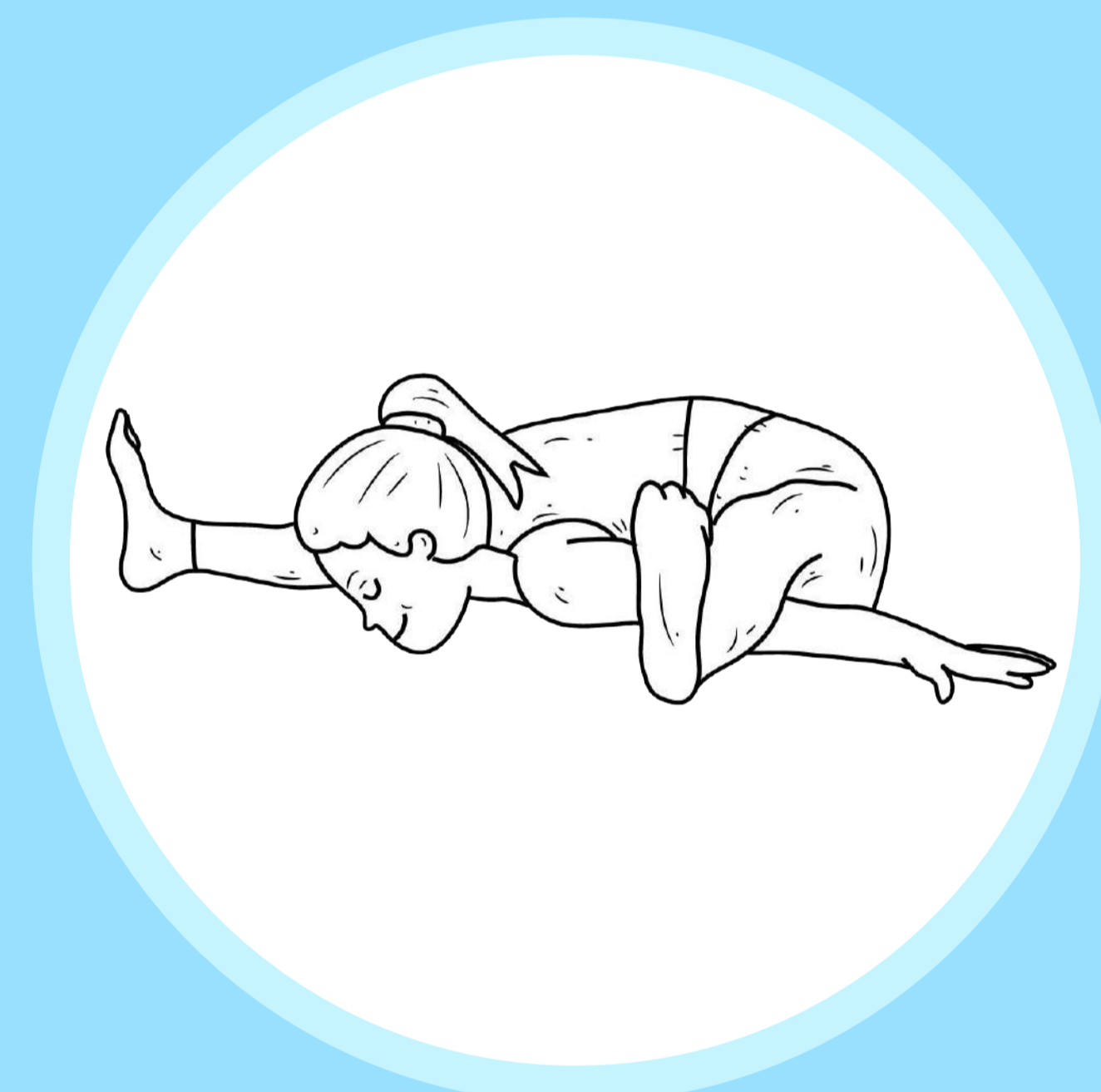
Yoga Mudrāsana  
(union seal)#



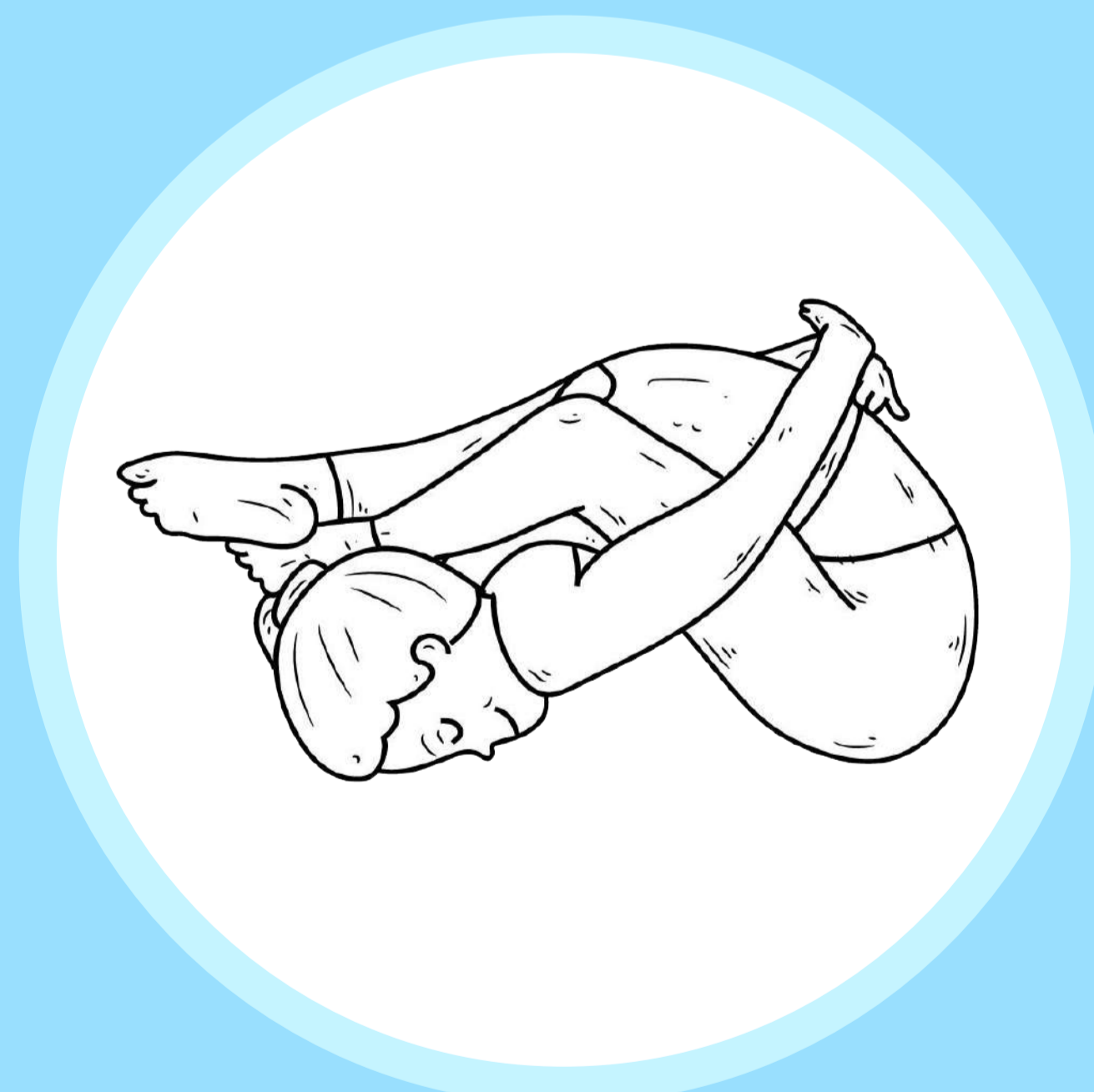
Parvatāsana  
(mountain)



Matsyāsana  
(fish)



Kūrmāsana  
(turtle)#



Supta Kūrmāsana  
(full turtle)#



Vīrāsana  
(hero)#

# especially good dislocated uterus.

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Items to discuss with your doctor and consider learning from a qualified yoga instructor for

## Periods/Menopause\* (p. 3 of 8)



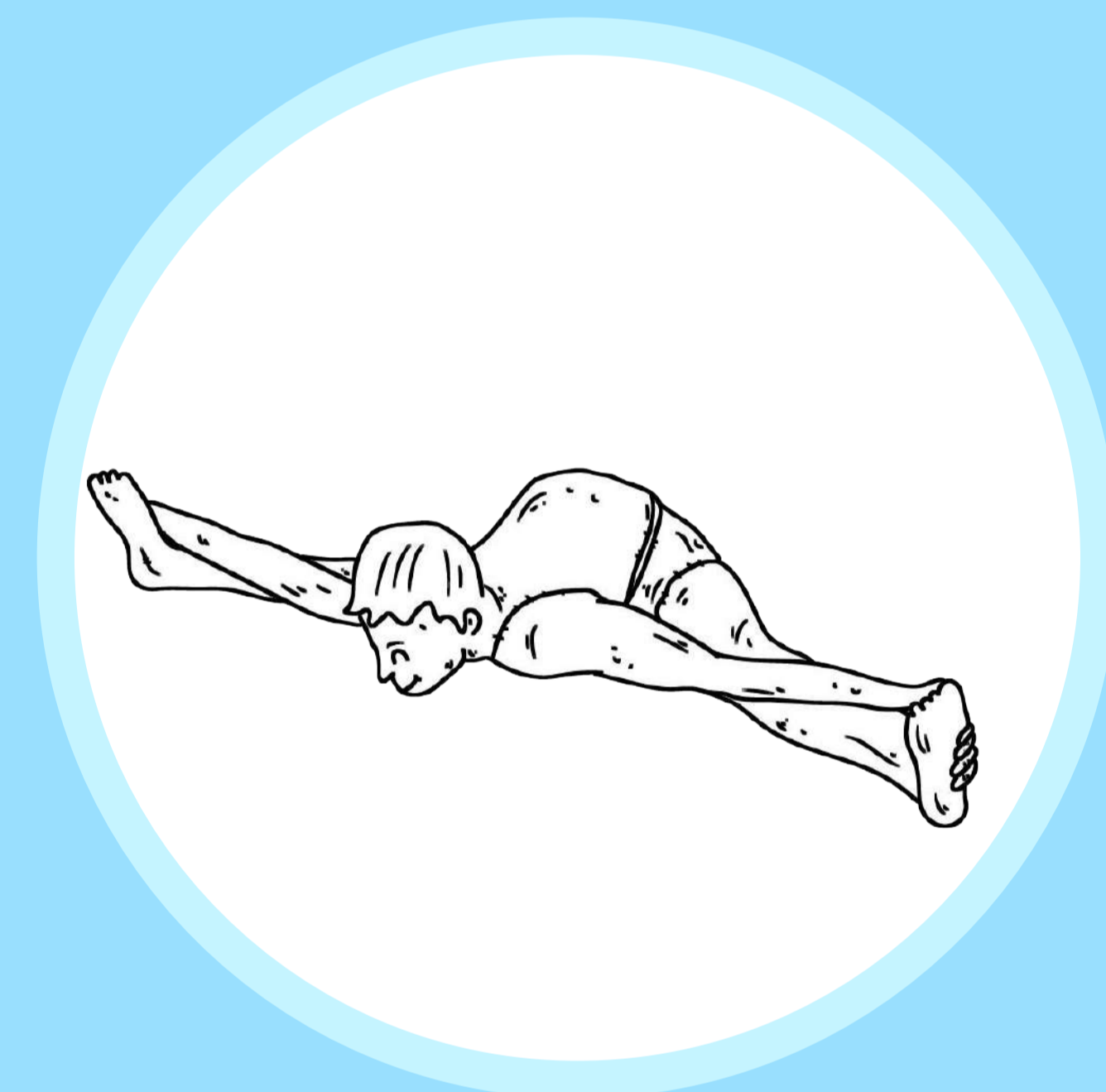
Supta Virasana  
(reclining horse)#



Paryankāsana  
(bed)#



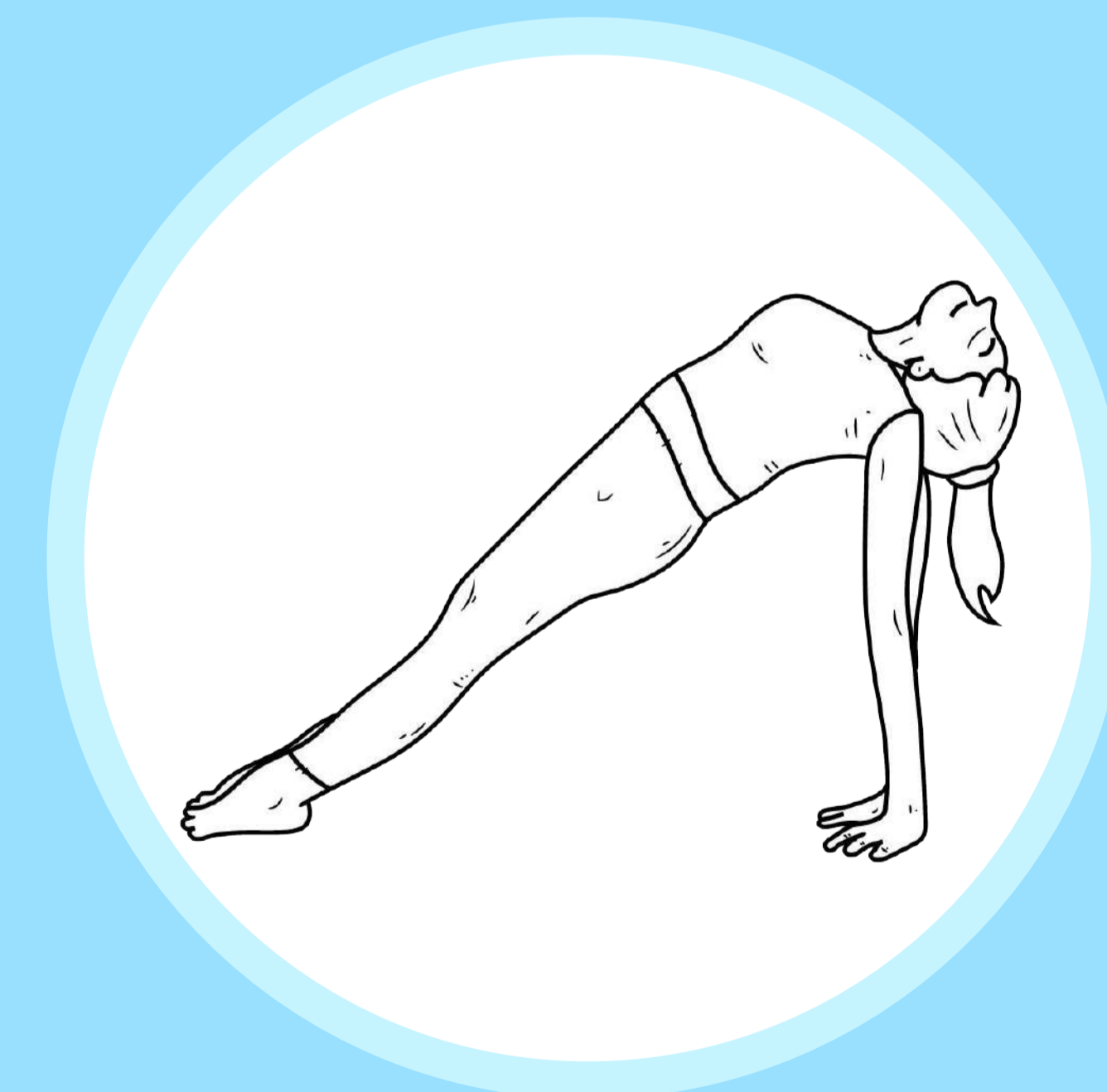
Baddha Konāsana  
(bound angle)



Upaviṣṭha Koṇāsana  
(seated angle)



Ūrdhva Mukha Paschimottānāsana  
(upward forward fold)#



Pūrvottānāsana  
(inverted plank)#

# especially good dislocated uterus.

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## Periods/Menopause\* (p. 4 of 8)



Mālāsana  
(garland) I#



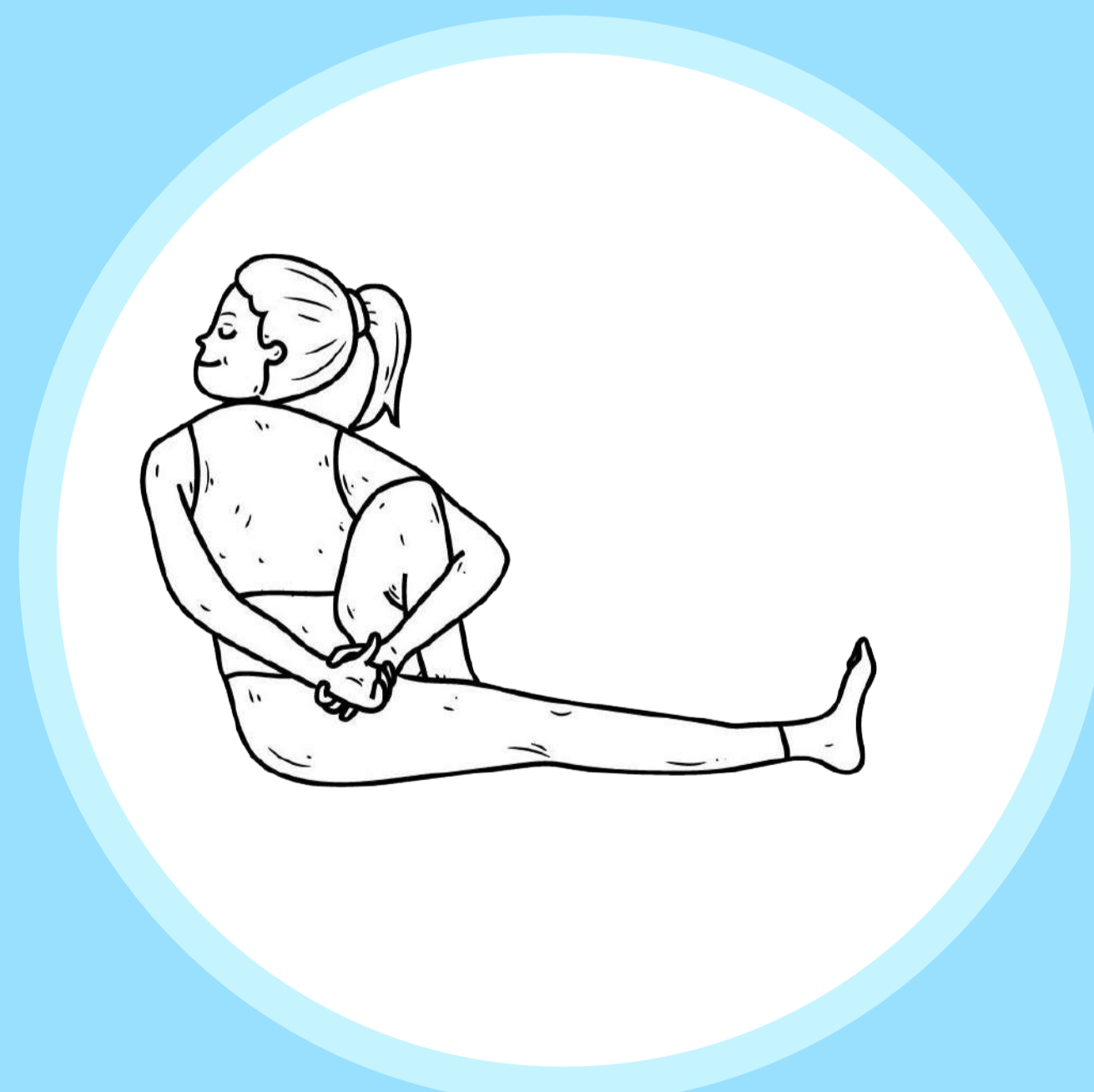
Mālāsana  
(garland) II#



Bharadwājāsana I  
(father of Drona)#



Bharadwājāsana II  
(father of Drona)#



Ardha Marīchyāsana III  
(bound twist)#



Ardha Marīchyāsana I  
(bound forward fold)#

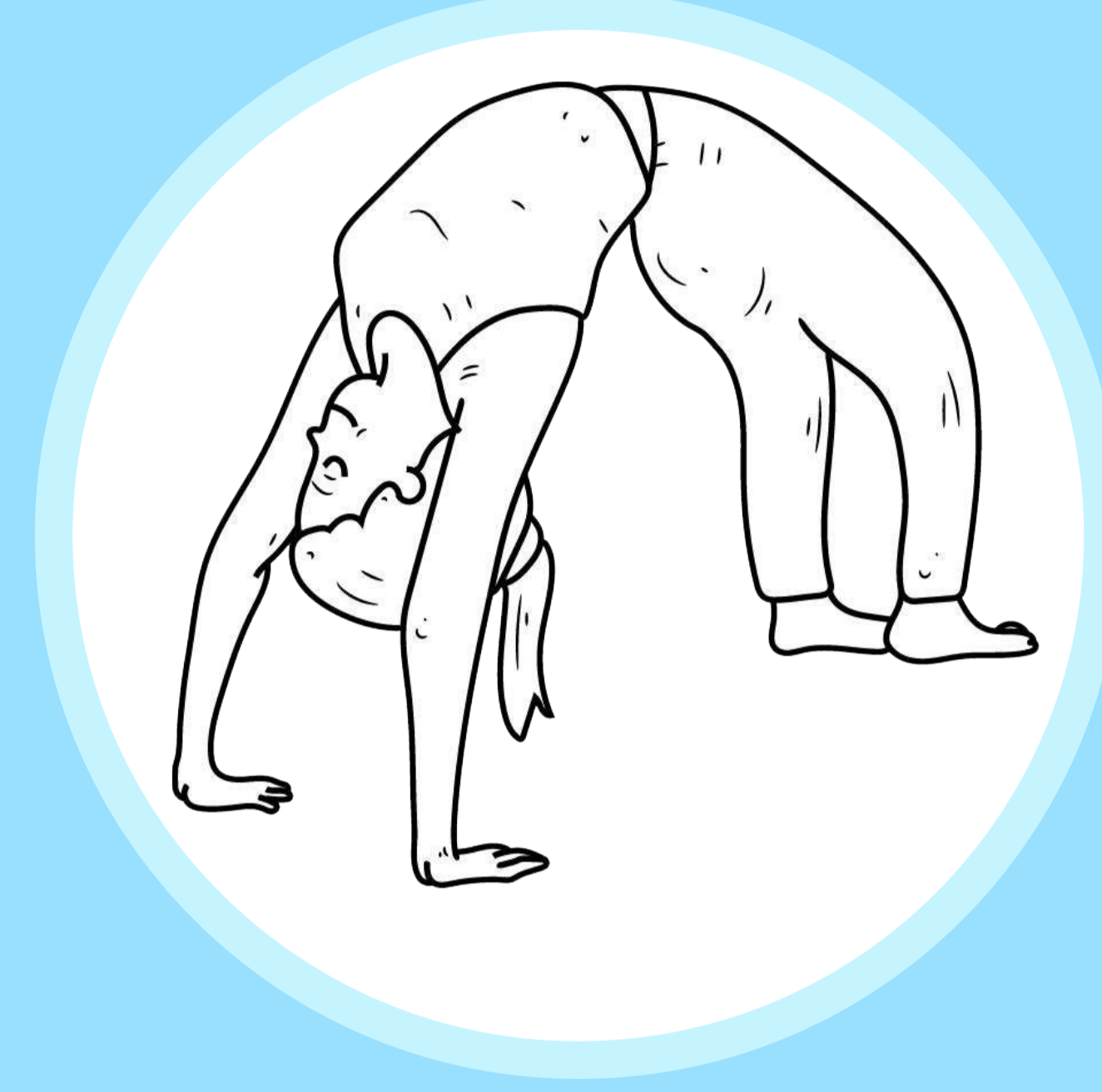
# especially good dislocated uterus.



## Periods/Menopause\* (p. 5 of 8)



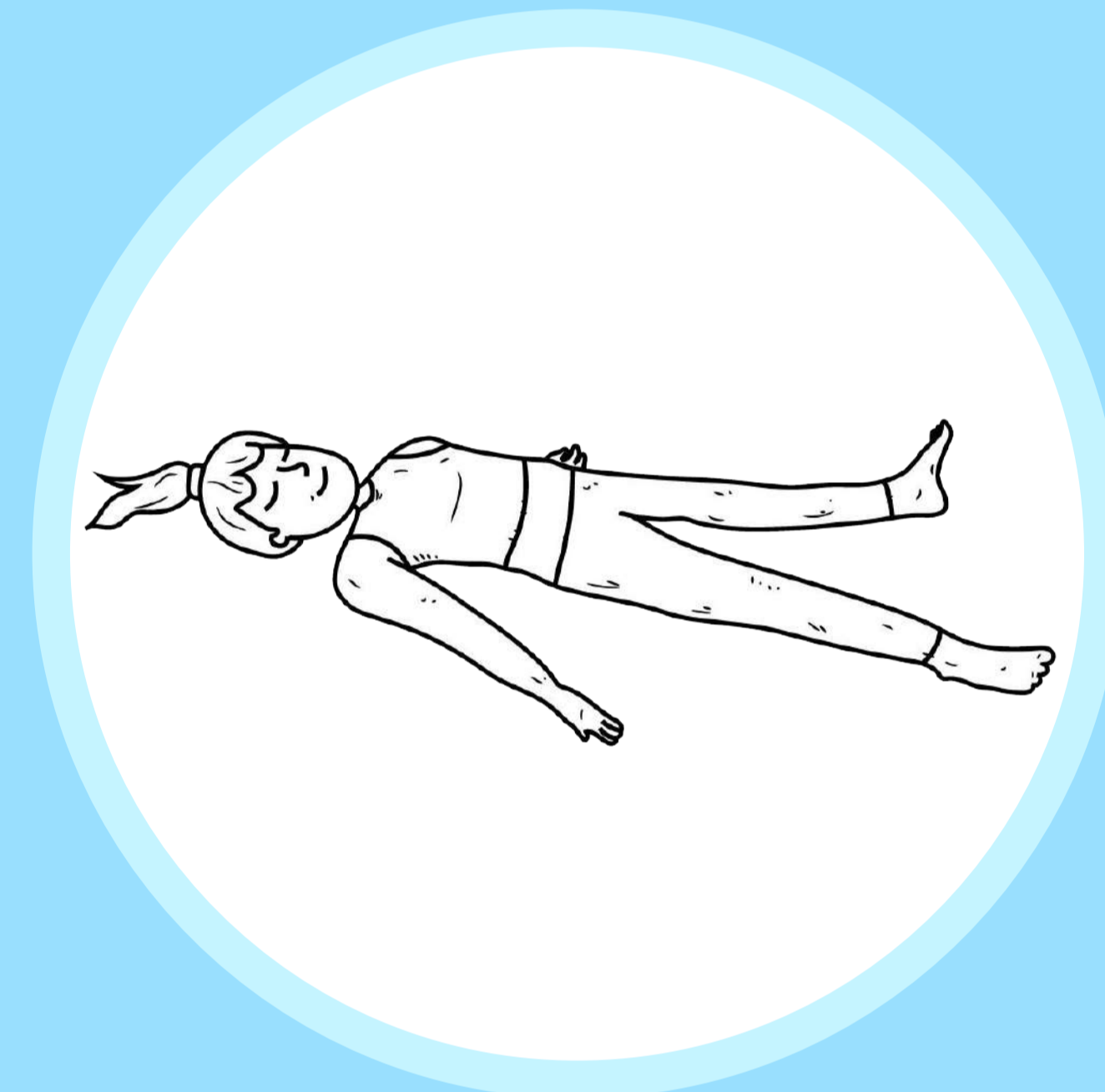
Pāsāsana  
(cord)#



Chakrāsana  
(wheel)#



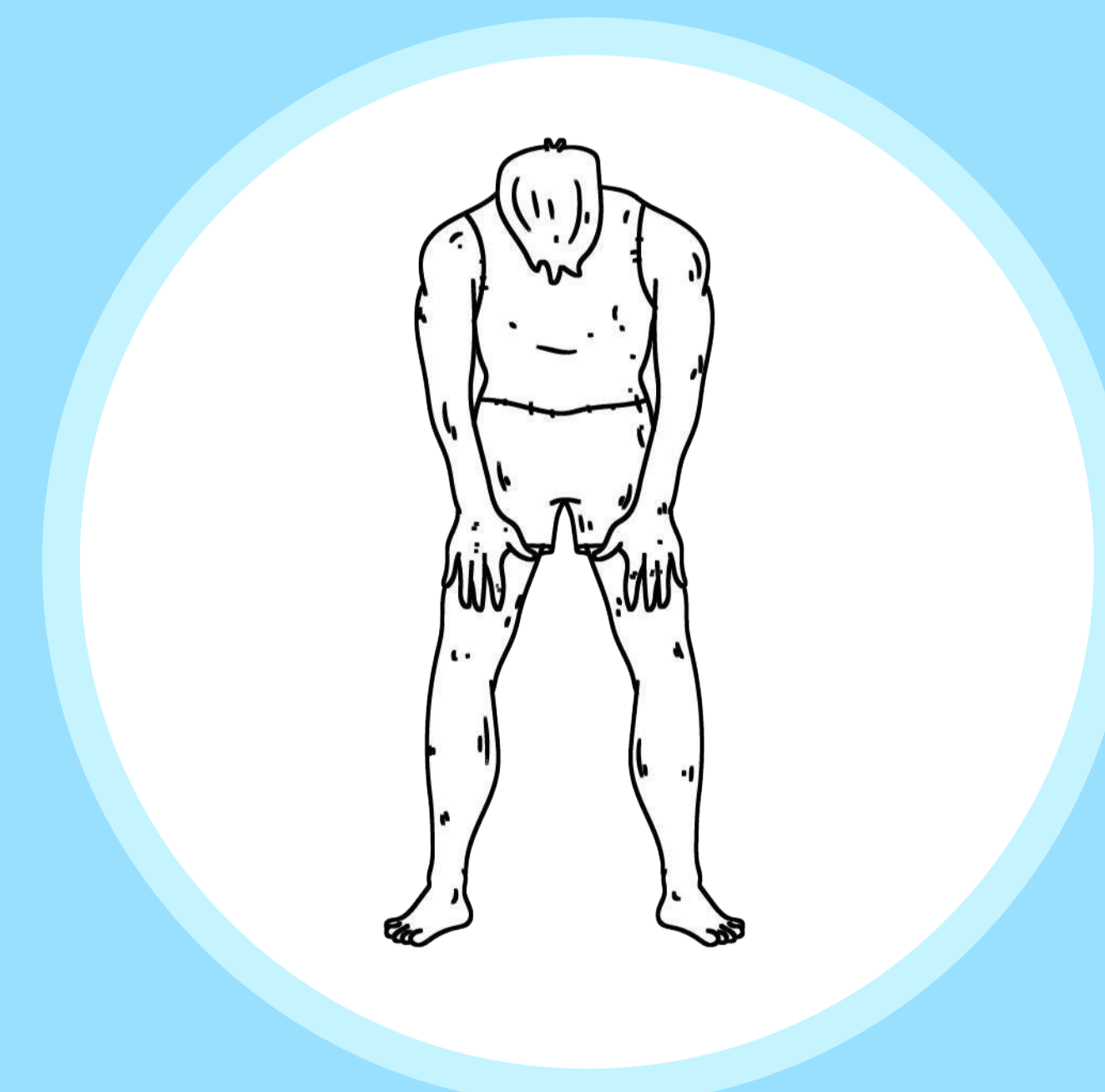
Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)#



Śavāsana  
(corpse)#



Nādī Śodhana with Retention#



Uddiyana

# especially good dislocated uterus.

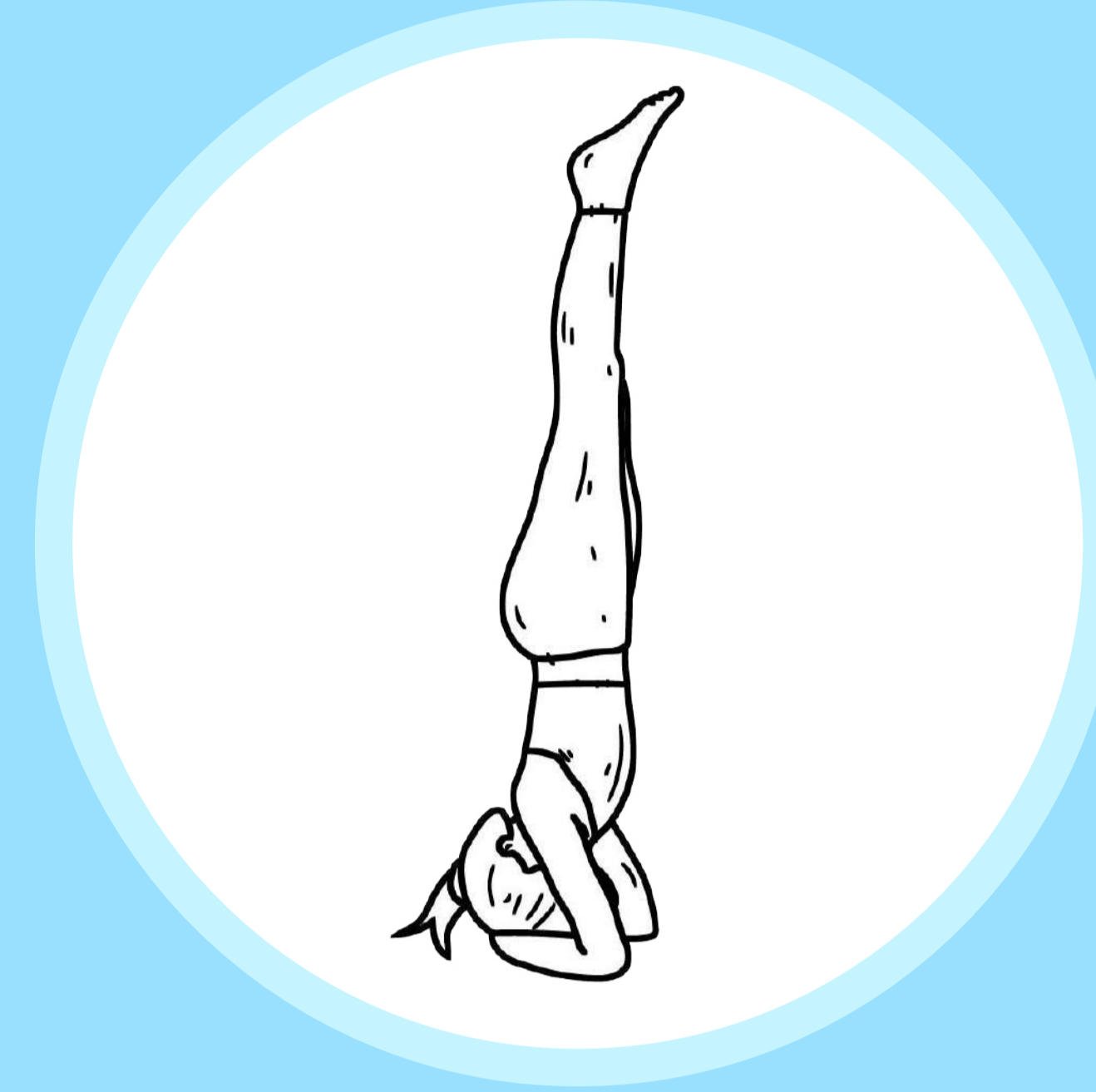
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## Periods/Menopause\* (p. 6 of 8)



Utthita Trikonāsana  
(triangle)#



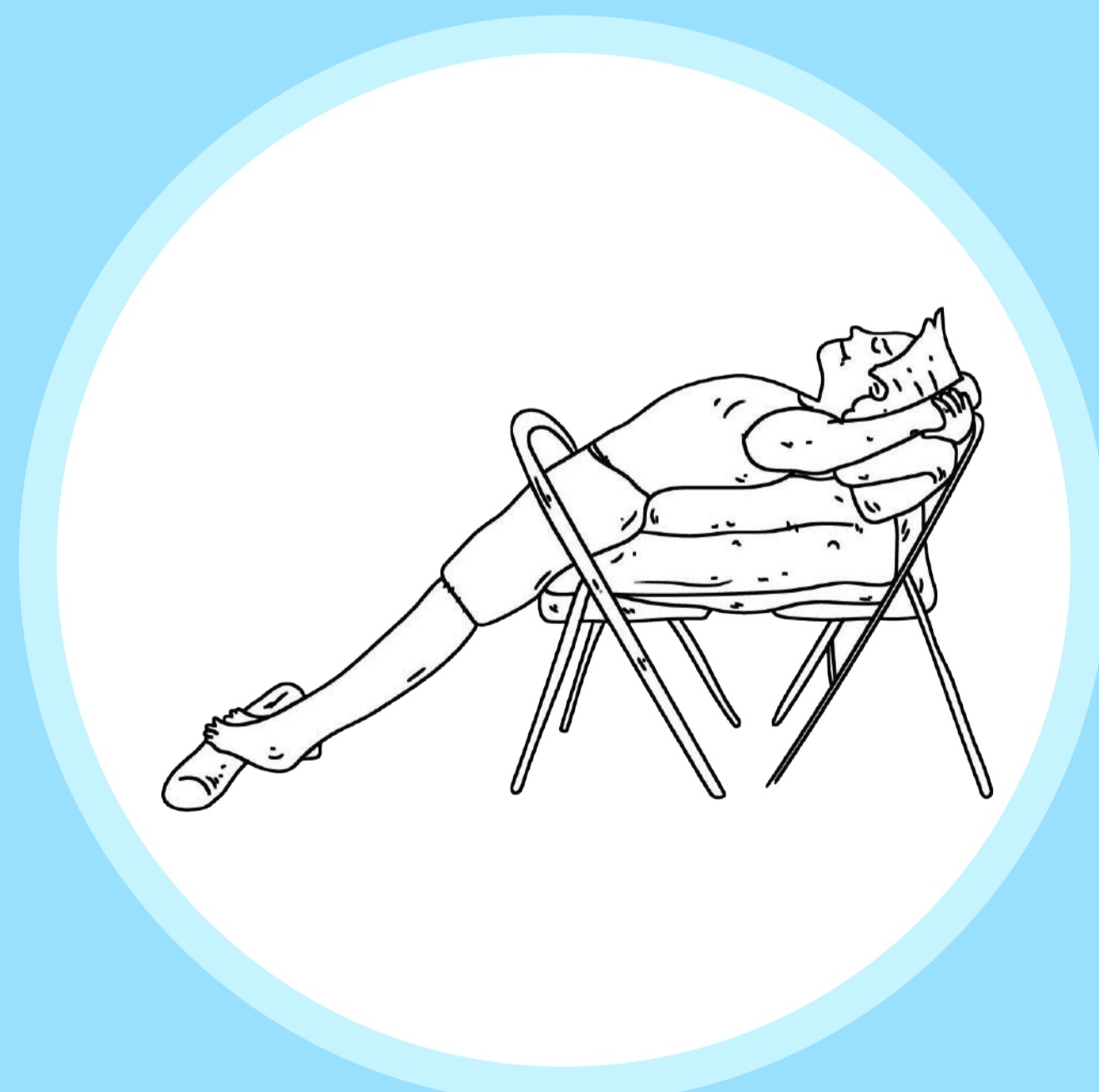
Sālamba Śīrṣāsana  
(supported headstand)#



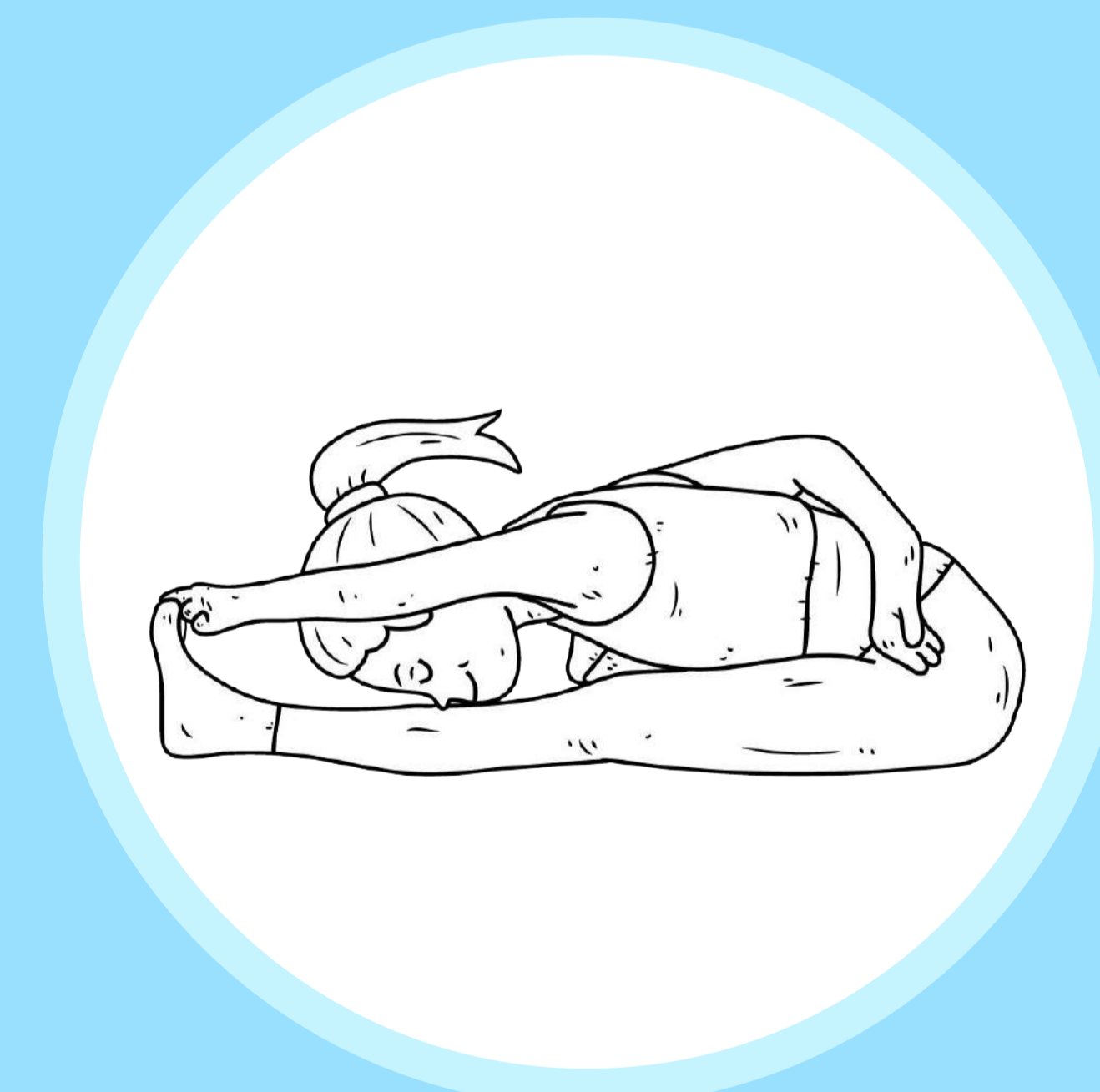
Salamba Setu Bandhasana  
(supported bridge)#



Dhanurāsana  
(bow)#



Salamba Ūrdhva Dhanurāsana  
(supported wheel)#



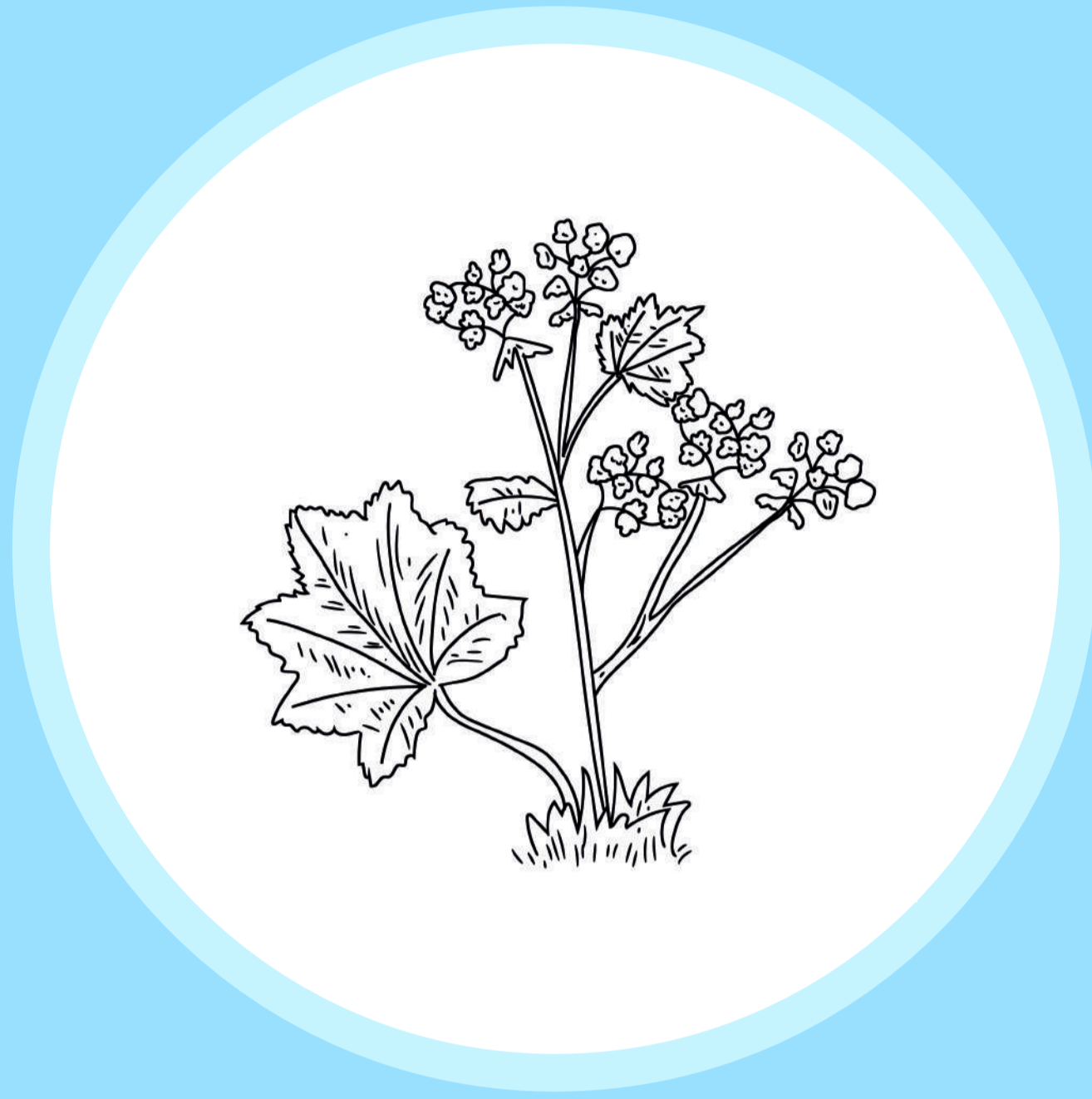
Ardha Baddha Paschimottānāsana  
(half bound lotus forward fold)#

# especially good dislocated uterus.

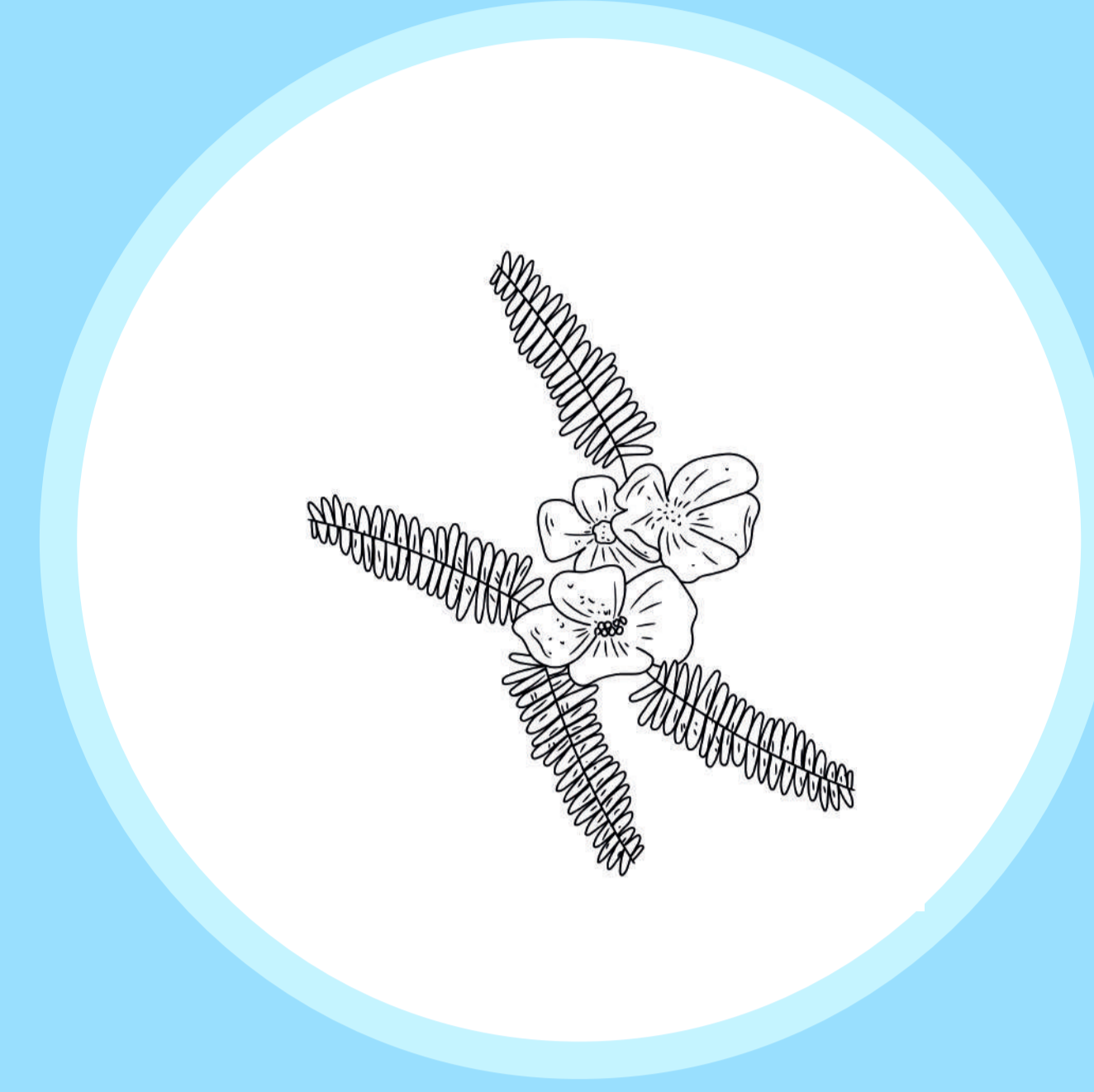
This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com



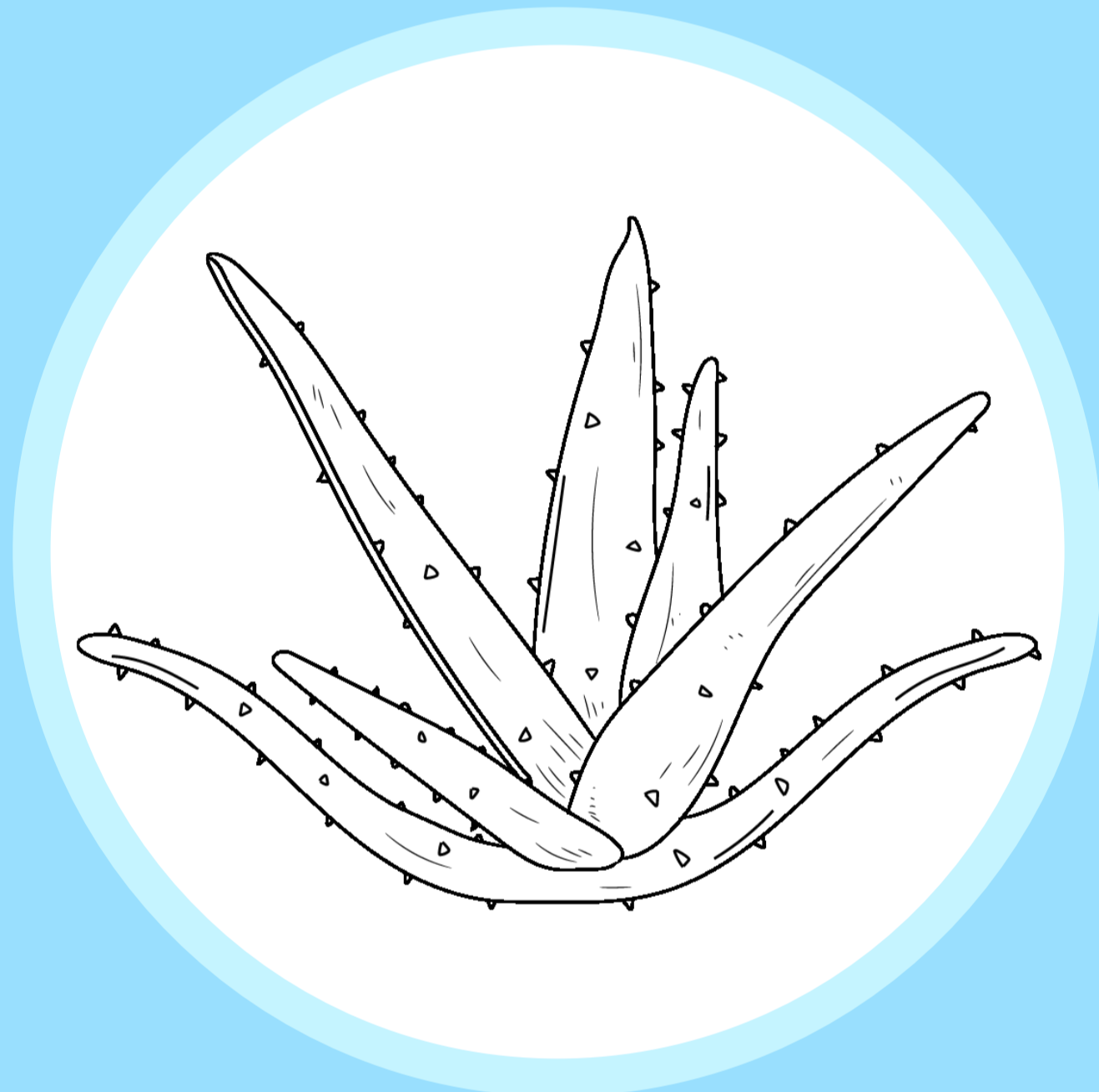
## Periods/Menopause\* (p. 7 of 8)



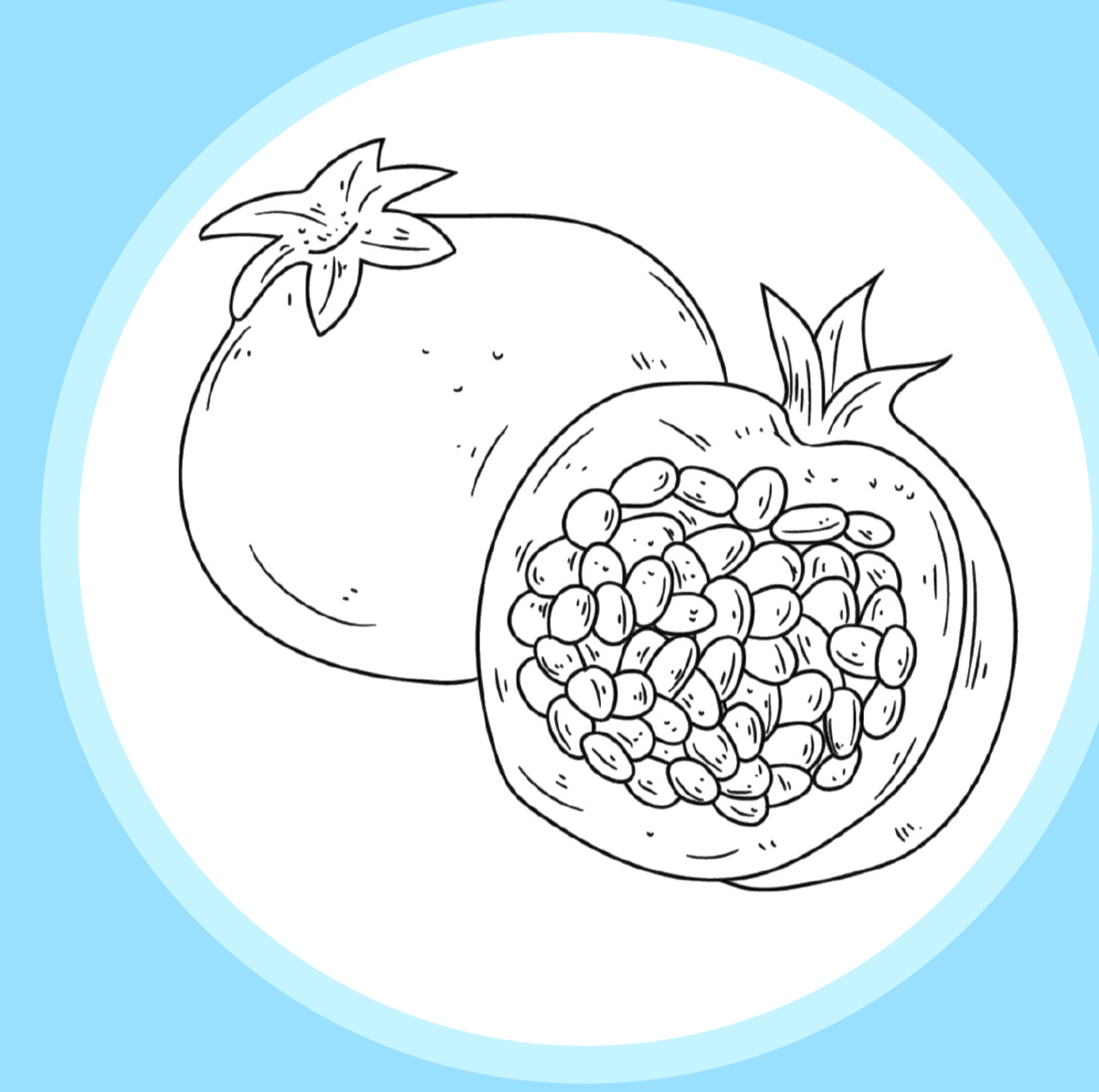
Lady's Mantle#



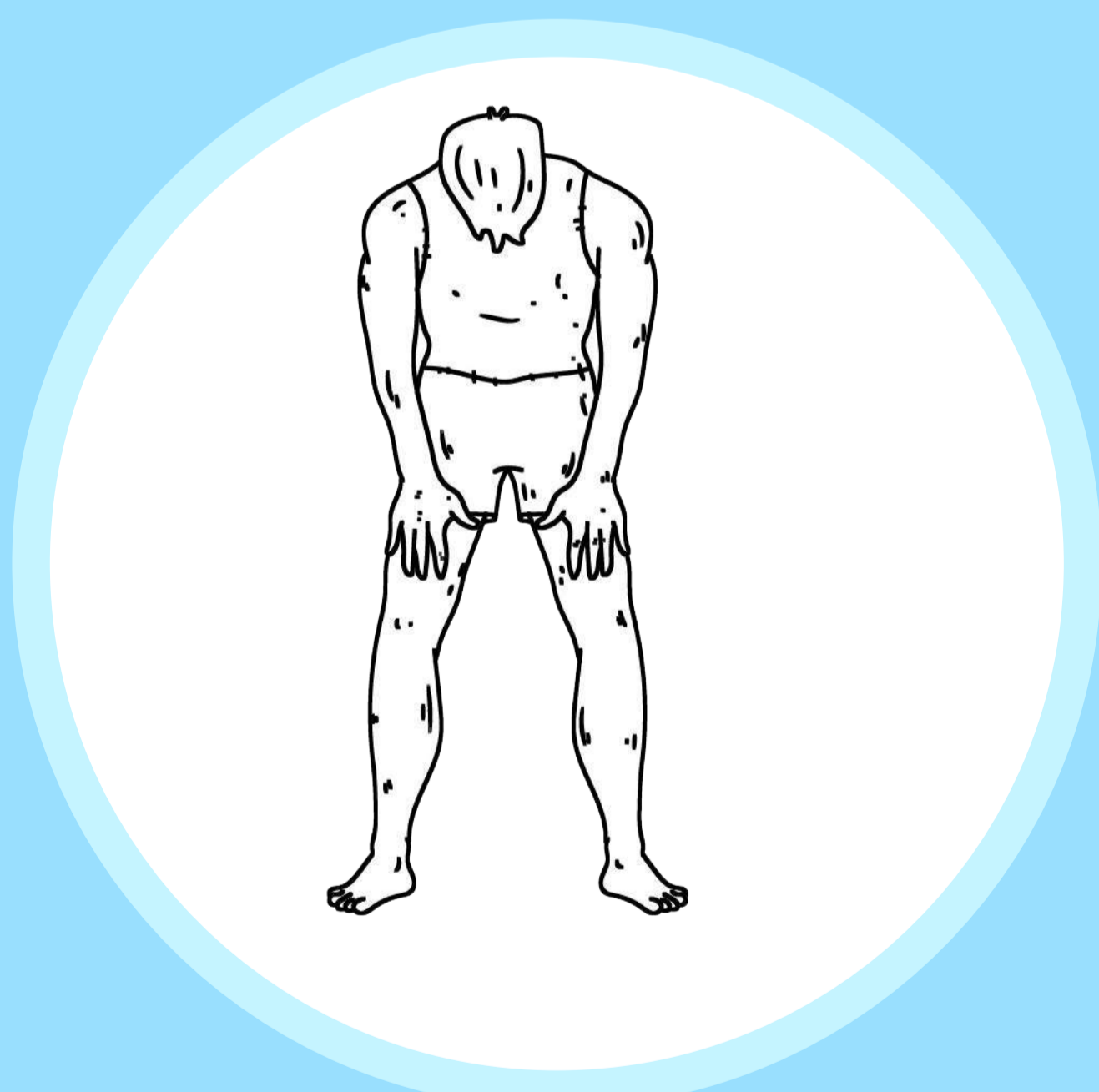
Wild Agrimony#



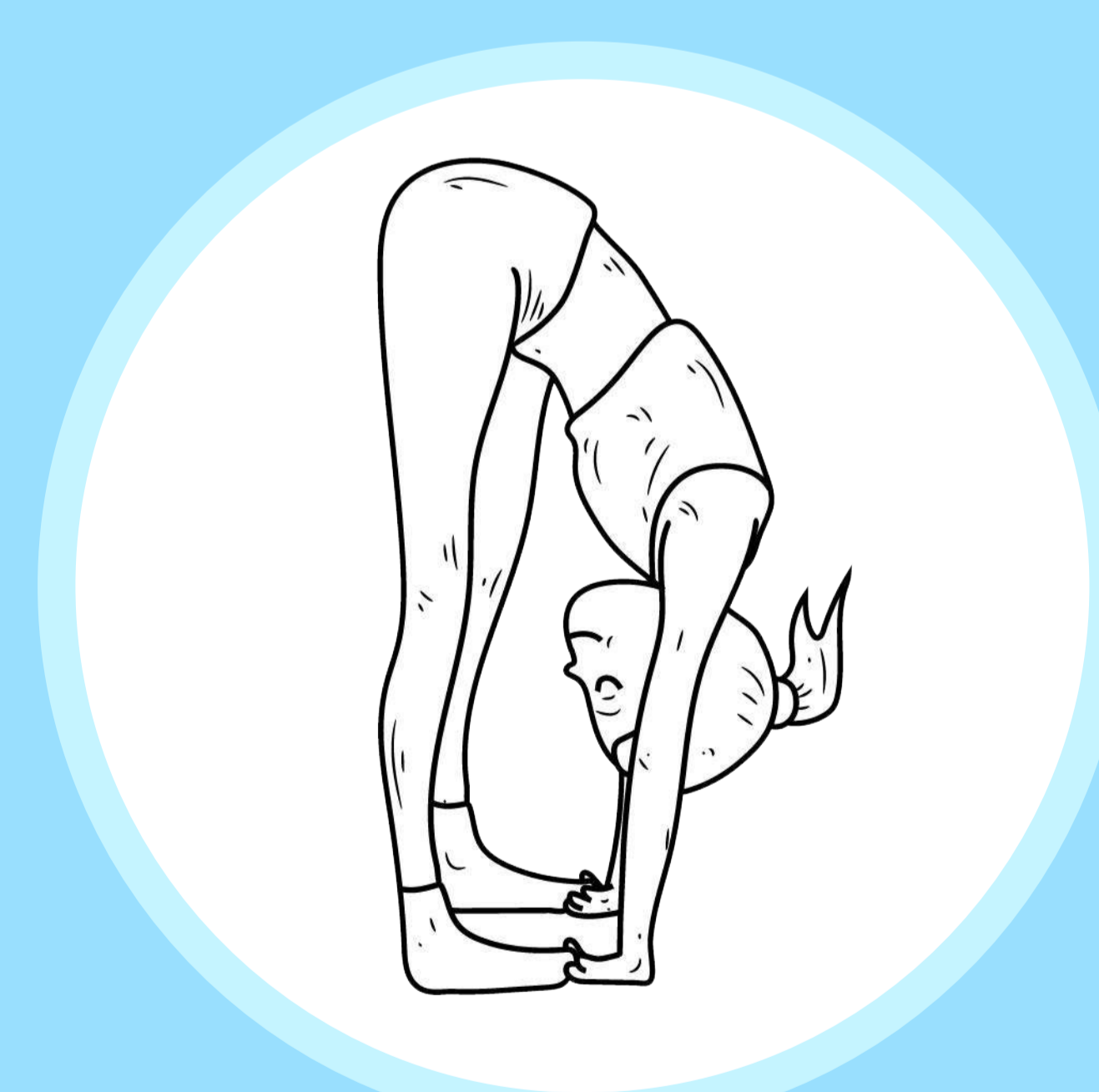
Aloe Vera#



Pomegranate#



Nauli  
(stomach churn)#



Pādānguṣṭhāsana  
(hand to big toe)

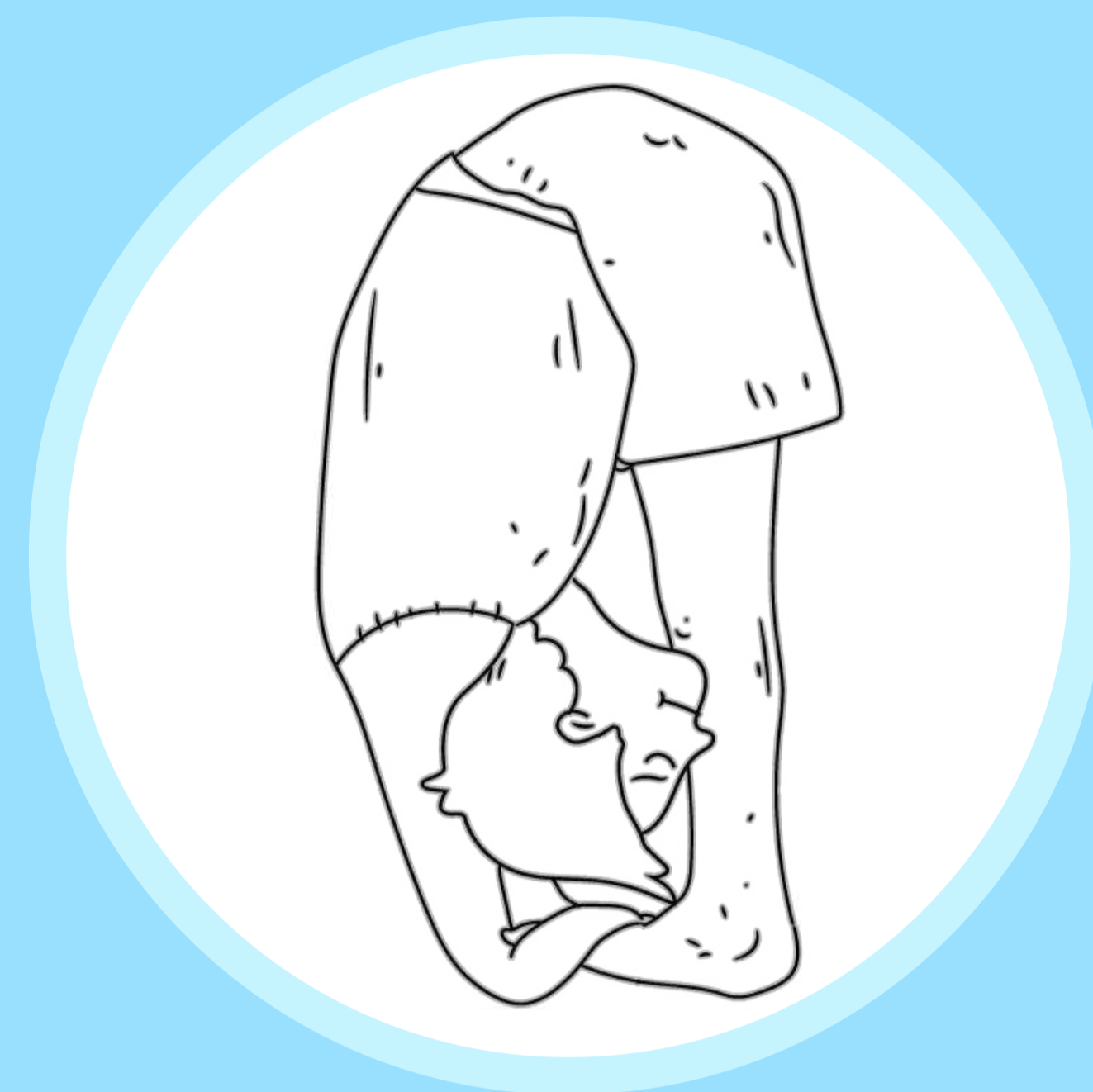
# especially good dislocated uterus.



## Periods/Menopause\* (p. 8 of 8)



Dandāsana  
(staff)



Pāda Hastāsana  
(hand under foot)



Nādī Śodhana  
(alternate nostril breathing)