

# Contents

---

## **INTRODUCTION**

The menstrual cycle, yoga and me	6
Why yoga and the menstrual cycle is so important	12
A note about language	14
How to use this book	16

## **PART 1: ABOUT THE MENSTRUAL CYCLE**

CHAPTER 1: Attitudes towards the menstrual cycle	19
CHAPTER 2: How the menstrual cycle works	24
CHAPTER 3: How the menstrual cycle affects women	35

## **PART 2: YOGA AND THE MENSTRUAL CYCLE**

CHAPTER 4: Menstrual cycle awareness	47
CHAPTER 5: Yoga and the whole menstrual cycle	53
CHAPTER 6: How to practise the yoga	61
CHAPTER 7: Yoga and the bleed phase	80
CHAPTER 8: Yoga and the pre-ovulation phase	118
CHAPTER 9: Yoga and the ovulation phase	140
CHAPTER 10: Yoga and the premenstrual phase	166

Afterword	204
-----------	-----

APPENDIX: Physical, mental and emotional health conditions and postnatal recovery	205
--	-----

Further inspiration	214
---------------------	-----

References	219
------------	-----

Index	221
-------	-----

Acknowledgements	228
------------------	-----

About the author	229
------------------	-----

This book and the environment	230
-------------------------------	-----