

PREMENSTRUAL SYNDROME II

PHYSICAL BODY:

- Inflammation: Practice yamas and niyamas to cleanse (satya-express truth), mudra (garuda-activates blood flow), asana (rest with legs up the wall to reduce edema), somatics (lay on side, rock hips, internal then external rotation, lift whole leg, inhale open, exhale close). *caution—in leg up on wall if menstruating, could induce cramps, modify with chair.
- Bloating: Distorted body image (guided self-acceptance), distorted proprioception (supine bound angle with pillow supporting)
- Headaches: mudra (massage ring fingers), asana (moon salutation to release muscle tension)
- Skin Changes, Acne: 6th chakra focus (sound Om to balance pineal & pituitary glands)
- Digestive & Bowel Changes: Mudra (Shakti-relieves pelvic area to ease menstrual and intestinal discomfort), mudra (massage index finger to relieve abdominal pain and constipation)
- Pain and Cramping: 2nd chakra focus (sound “VAM” to balance ovaries), Mudra (maha sacral-eases lower abdominal pain during menstruation, mudra (garuda-activates blood flow, invigorates organs, relieves menstrual pain), mudra (massage pads at base of hands to stimulates the ovaries and uterus), asana (sacral rocking to release low back pain), asana (modified child, knees open, squat to release tension & pain in uterus)
- Vision Changes: mudra (pran-improves vision)
- Sleep Changes: mudra (shakti-induces sleep)
- Craving Sweets: diet (high CHO, low protein to promote development of brain serotonin), pranayama (sitali cooling breath to reduce craving & cool desires), 3rd chakra focus (sound “ram”, 3rd chakra associates with sugar absorption), yama (satya-express the truth, rather than stuffing it),
- Fatigue: exercise (any movement to raise endorphin level), mudra (massage little finger), asana (sphinx, gentle back bend to lift energy)

ENERGY BODY: principle-bridge to physical body thru breath, balance prana & apana-watch Patterns.

- High Energy-Anxiety: mudra (pran-reduces nervousness, combined with gentle breathing to calm and stabilize), mudra (apan-to return to serenity), mudra (massage little fingers), asana (child and forward bends), music (calming selection), asana (tree to focus and increase proprioception), asana (cat/sunbird-to stabilize and ground), 1st chakra focus (sound “Lam” to invoke base support), pranayama (alt. Nostril breathing, anuloma-longer exhale, dirga)
- Low energy-Depression: mudra (ushas-to harmonize hormonal system), asana (backbends, cobra, bow), sunshine, read, music, pranayama (ujjayi, baby kapalabhatti), asana (1/2 moon series, seated bound angle to promote apana to cleanse), 2nd chakra focus (sound Vam to stimulate ovaries).

MIND/EMOTIONAL BODY: need to reverse running after what we want and avoiding what we fear, focus on pratyahara to bring focus inside.

- Self-hatred & self-punishment (rajasic): niyama (santosha, acceptance is strongest defense against stress, meditation (guided esteem building), mudra (massage thumb to stimulate vital self-assertion, imagery (visualize earth symbols), pranayama (nadi-sodhana to calm and integrate)

- Uncontrollable Emotions (rajasic): mudra (garuda), pranayama (ujjayi to focus and empower), mudra (massage little finger-2nd chakra, interpersonal relationships and improving moods)
- Lack of Self-Confidence: Yama (Satya-express truth), mudra (pran)
- Indecision (tamasic): Mudra (Pran to clear thoughts), asana (tree for focus)
- Anger (rajasic): mudra (shakti to calm), pranayama (anullom-longer exhale to ground and focus)
- Inability to Function (tamasic): mudra (apan-balancing effect on mind), asana (cat/sunbird)

*look for compensating behaviors like addictions

WITNESS BODY: to get out of self and see larger picture to decondition core beliefs.

- Self Centered & Withdrawn: Niyama (tapas-throw old patterns into fire to melt, svadhaya-examine what is present w/o usual response), mantra (“may I stay a witness to my process”, “ I embrace this process as an expression of the power of femininity and fertility”)
- Imprisoned Being: nidra (create sankalpa & affirm through ritual), dharana (tratak), imagery (visualize earth symbols), pranayama (nadi sodhana, ujjayi).

BLISS BODY: to remove confusions and distractions and to remember the joy and peace that is Always present.

- Source Connection and Support Systems (absent, forgotten, abandoned): niyama (ishvara pranidhana-surrender to own truest soul), mudra (unite the thumb representing divine and index finger representing individual), dhyana (meditation to access, discover and recover that which we already are and surrender to the source), 7th chakra focus (sound OM to connect to universal vibrations), nidra (focus on physic symbol)

EIGHT WEEK COURSE:

1. What is PMS and how can Yoga help + 30 min. class
2. The right Yoga for your constitution + 30 min. class
3. Techniques to help the Physical Body + 30 min. class
4. Techniques to help the Energy Body + 30 min. class
5. Techniques to help the Mind/Emotional Body + 30 min. class
6. Integrating Yoga into your everyday life + 30 min. class
7. Breaking thru painful behavior patterns + 30 min. class
8. Full Participatory Yoga class 1 ½ hr.