



Reference Sequence: Yoga for Menstruation Relief

Lisette Snep



1. Alternate Nostril Breathing ●
Nadi Shodhana



2. Sun Salutation ● Surya
Namaskar



3. Supine Spinal Twist Pose II ●
Supta Matsyendrasana II



4. Reclining Bound Angle Pose ●
Supta Baddha Konasana



5. Reclined Hand To Big Toe Pose
Variation Strap ● Supta
Padangusthasana Variation Strap



6. Legs up the Wall Pose ●
Viparita Karani



7. Bridge Pose ● Setubandha
Sarvangasana



8. Cat Cow Pose ● Bittilasana
Marjaryasana



9. Camel Pose ● Ustrasana



10. Reclining Hero Pose ● Supta
Virasana



11. Half Moon Variation (Knee On
The Floor)



12. Downward Facing Dog Pose ●
Adho Mukha Svanasana



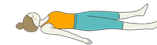
13. Goddess Pose ● Utkata
Konasana



14. Upward Salute Side Bend
Pose ● Parsva Urdhva Hastasana



15. Garland Pose ● Malasana



16. Corpse Pose ● Savasana