

Yin Body Balance | FOR HORMONE BALANCE
by KELLI TAYLOR

5 Daily Yin Yoga Poses to Support Hormonal Balance

A simple flow you can practice every day to feel like your most vibrant balanced self.





Support natural
balance from
the inside out.

Your Hormones & Yin

Hormonal imbalance issues like adrenal fatigue and estrogen dominance, are becoming more and more prominent in women of all ages due to chronic stress, crash diets, and exposure to synthetic hormones in birth control and meat products, and chemicals in our food and day-to-day life.

Our neuroendocrine system (pituitary, pineal, and hypothalamus glands), is our body's hormonal control system, and reads signals from our nervous system about how to behave.

I designed this flow to specifically work on the nervous and neuroendocrine system, as well as the uterus/ovaries, to help naturally stimulate and restore hormonal balance.

Yin Yoga is meant to be a deeply relaxing practice, which in itself, helps to rest and restore the nervous system and bring it out of "fight or flight mode," so relax into each pose, breathing deeply through your belly, to see the fullest effects.

Disclaimer

Please check with your doctor before starting any yoga practice. These poses are not to replace any medications or therapies.

STEP 1

Caterpillar



Caterpillar pose activates the neuroendocrine system (pituitary, pineal, and hypothalamus glands). It improves circulation in the pelvic area, vitalizes the ovaries, lifts and tones the uterus. By having the heart and head lower than the spine the nervous system it stimulates the nervous system creating a feeling of calm in the mind and body.

Meridians stimulated: Urinary Bladder, Kidney, Stomach, Spleen, Heart, Lung, Thyroid

Time: 1-2 minutes

THE POSE

1. Sit up straight with legs stretched out in front of you.
2. Place a block under your sit bones (this will help you fold forward easier)
3. Inhale: keep the front torso long
4. Exhale: slowly bend forward from the hip allowing arms to rest on legs
5. Stay here for 2-5 minutes
6. Engage core coming back up into seated position
7. Counterpose: bounce legs up and down or windshield wiper legs

PROPS

Place a yoga block under your sit bones to make it easier to forward fold.

Use a bolster as a prop to hold up your forehead if you have a neck injury, or have very tight hamstrings.



STEP 2 Butterfly

This beautiful asana helps regulate menstruation and aids in better functioning ovaries. Is also is very grounding and calming.

Chinese meridians stimulated:
Gall bladder, Urinary bladder,
Kidney, and Liver

Time: 1-2 minutes



THE POSE

1. From a seated position ground your sit bones into your yoga mat.
2. Inhale: lengthen your spine.
3. Exhale: bring the soles of your feet together and draw as close to your pelvis as comfortable. Allow your knees to fall out to the sides.
4. Grasp your feet while also gently pressing the soles of your feet towards each other.
5. Optional: Stay seated upright or tip your upper body forward, leading with your heart as far as you can go before bending your head and chest forward. Use a bolster to prop up your forehead for added support.
6. Stay here for 2-5 minutes
7. To come out of this pose gently straighten your legs
8. Counterpose: Windshield wiper the legs from side to side

STEP 3 Squat

The Squat pose is the perfect asana to open up the pelvis, bring circulation and blood flow to the pelvic area. Helps to release any tension in the reproductive area.

Chinese Meridian stimulated:
Liver, Kidney, Urinary Bladder

Time: 2-5 mins



THE POSE

1. Start in Mountain pose with feet slightly wider than hip distance apart.
2. Bend your knees allowing yourself to sink down until your hips are lower than your knees.
3. Gently wedge your elbows to the inside of your knees opening up your hips.
4. Hands can come together at heart centre or rest hands on your yoga mat in front of you.
5. Draw your heart forward and up.
6. Stay here for a 2 -5 minutes
7. To get out of this pose place hands behind you and slowly sit back onto your buttocks or stand back up into Tadasana

Sphinx pose involves gentle stretching and compressing which helps increase the activity in the thyroid gland. It directs blood flow straight to the uterus and ovaries, as well as the production of cervical mucus which aids in the travel of the egg to the sperm easier. It also helps improve menstrual irregularities.

Chinese Meridians stimulated: "Door of Life" where Jing energy is housed in the body, Urinary Bladder, Kidney, Stomach, and Spleen meridians

Time: 2-5 minutes

STEP 4 Sphinx

THE POSE

1. Lie flat on your stomach. Place your hands underneath your shoulders with finger spread and your palms pressing down into your mat. Legs are stretched back with tops of the feet on the floor.
2. Gently squeeze your elbows into the side of your chest.
3. Inhale: Slowly and gently lift your head, chest, and shoulders while keeping a slight bend in your elbows.
4. If it's comfortable and you don't have neck issues you can let your head drop back.
5. Stay her for 2-5 minutes
6. Exhale: release the pose by first bringing your head back to centre and slowly lowering your upper body back down to your mat. Arms are relaxed by your sides.
7. Counterpose: Gently rock your hips from side to side to release your lower back.



STEP 5 Savasana



SUPPORTED SAVASANA

This is my favorite version of savasana. I love having a bolster under my knees to keep my spine neutral. I find I can relax more completely into the pose in this supported position.

Savasana or "corpse pose" helps to integrate any previous poses into the body, brings awareness of any stress and tension you may be holding onto in the body, and helps to relax the mind and body.

Time: 2+ minutes
Recommended 5-10 mins for full effect.

1. Lie flat on your back with your feet hip-width apart.
2. If you choose Supported Savasana as shown above, place a bolster or pillow under your knees for more lower back support.
3. Arms are away from your body with palms facing up.
4. Relax completely and let go of any tension in the body.
5. With each exhaled breath feel heavy on your mat.
6. Lie here for 5-10 minutes in silence.
7. Once done roll to your right side for a few breaths before gently coming up into a seated position.
8. Sit with eyes closed for a few breaths before gently opening them.