

Pathstoyoga.com

Discover

yoga 
for
Menopause

Boost your estrogen production
with yoga



Bellows Breathing (Bhastrika)



How To

Sit with your spine erect, hands on your knees. Inhale and exhale quickly through your nose

- Inhale = fill and open your belly
- Exhale = pull your navel towards the spine without moving the upper part of the body.

Note

Both inhalation and exhalation occur intensely, with exhalation being even more forceful. The characteristic feature is the movement of the belly button during exhalation in the direction of the spine.

Benefits Hormones

- ✓ Massage to inner organs and activation of the fluids around the ovaries
- ✓ Improves blood circulation

Benefits General

- ✓ Boosts cardiovascular system
- ✓ Strengthens the respiratory system
- ✓ Helps digestion and reduces the gastric fire
- ✓ Helps to boost immunity
- ✓ Calms the mind, reducing stress and anxiety
- ✓ And you wouldn't believe it: it helps to reduce fat!

Counter Indications

- ✗ Diseases related to the internal organs: stomach, spleen, intestine, kidney, ulcers, etc.
- ✗ Hypertension and heart disease



The abdomen works like a bellows igniting the fireplace, even making a similar sound.

Swan Pose



Benefits Hormones

- ✓ Boosts the fluids around the ovaries and so production of estrogen
- ✓ Stimulates pituitary and thyroid glands

Benefits General

- ✓ Flexibility of hips and spine
- ✓ Opening chest and shoulders
- ✓ Improves blood circulation
- ✓ Tones internal organs and so digestion

Counter Indications

- ✗ Injury around knees or hips
- ✗ Thyroid hyperfunction
- ✗ Breast cancer, severe endometriosis, pregnancy

How To

1. Sit on your heels, come into Child pose with the hands stretched out and head on floor.
2. Stretch out the left leg behind, come with your belly on the right leg.

Breathing

7 bellows breathing 3 times
Advanced: 15 bellows breathing 3 times
Relax in between

Change leg, repeat breathing

Open your spine
with grace

Nose To Knee



Benefits Hormones

- ✓ Boosts the fluids around the ovaries and so production of estrogen

Benefits General

- ✓ Great stretch to the shoulders, spine, hamstrings
- ✓ Tones internal organs and so digestion
- ✓ Reduces sciatica
- ✓ Relaxes mind and reduces anxiety

Counter Indications

- ✗ Severe lower back pain
- ✗ Injury knees or shoulders
- ✗ Thyroid hyperfunction
- ✗ Pregnancy

How To

1. Sit with legs stretched out, bend right knee, place right foot to inner left thigh
2. Stretch arms over head to ceiling, rotate the hip towards the left leg
3. From hips fold over left leg and reach out to toes.

Breathing

7 Bellows breathing as follows:

Inhale: relax foot, pull it towards you + open belly

Exhale: the foot pulls you to front + pull belly in

After 7 breaths stay with toes stretched out for a few deep breaths

Change leg and repeat to the other side

End by visualising energies

Inhale + hold air

engage core muscles +
take tongue to the soft roof of
your mouth

Exhale slowly and slide
attention to your ovaries

Wind Release & Kick



How To

- 1 Lay on your back, take knees to chest, hands interlaced under knees, push knees to belly.
7 Bellows breathing
- 2 Slide hands under your butts, palms facing down. The weight is on the wrists. Kick out legs parallel over the floor.
Inhale: Stretch out one leg + expand belly
Exhale: Stretch out other leg + pull belly in
7 Bellow breathing starting with right leg
7 Bellows breathing starting with left leg
- 3 Tights vertically
Inhale: Kick with one heel to the butts
Exhale: Kick with other heel to the butts
7 Bellows breathing starting with right leg
7 Bellows breathing starting with left leg

Benefits Hormones

- ✓ Boosts the fluids around the ovaries and so production of estrogen
- ✓ Stimulates pituitary and thyroid glands
- ✓ Stimulates adrenal gland

Benefits General

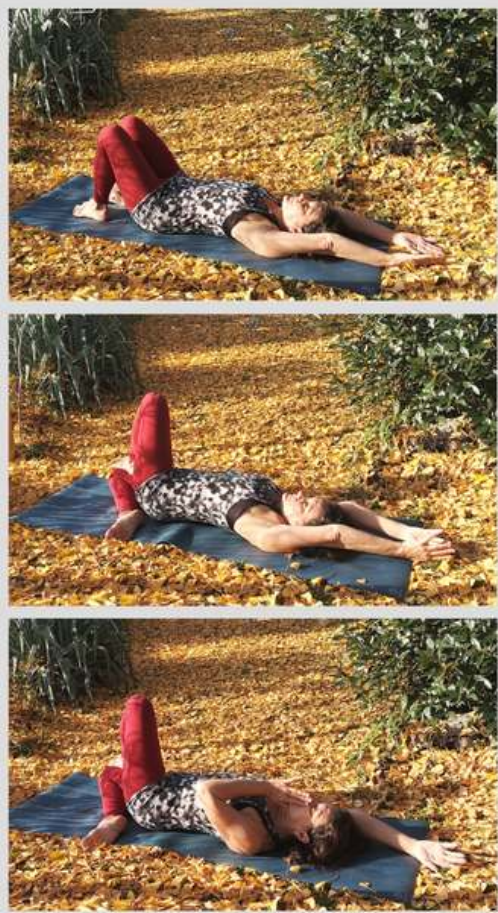
- ✓ Firms abdominal muscles
- ✓ Activates blood circulation in wrists and legs
- ✓ Massages abdomen and improves digestion
- ✓ Strengthens back
Tones internal organs and so digestion

Counter Indications

- ✗ Injury around wrists
- ✗ Thyroid hyperfunction
- ✗ Breast cancer, severe endometriosis, pregnancy

Blood booster for
hands and feet

Half Cow Face



How To

- 1 Lay on your back with leg and arms stretched out.
Inhale: Stretch right side by pushing out right heel and right arm
Exhale: Relax and bend knees
- 2 Drop right knee to right side, slide right foot to left hip; enhance stretch of right side. Place left foot on right knee to stick it to the floor.
- 3 With the middle finger of the left hand gently close the left nostril.
7 Bellows breathing through right nostril
- 4 Stretch out left hand over head, grab left wrist with right hand to enhance the stretch
7 Bellows breathing, 2 times

Change side; place right middle finger on left nostril

Benefits Hormones

- ✓ Boosts the fluids around the ovaries and so production of estrogen
- ✓ Boosts metabolism
- ✓ Stimulates adrenal gland

Benefits General

- ✓ Stretches and strengthens spine and buttocks
- ✓ Stretches abdominal muscles
- ✓ Activates internal organs and improves digestion
- ✓ Calms and relaxes the whole body's system

Counter Indications

- ✗ Injury around wrists
- ✗ Thyroid hyperfunction
- ✗ Breast cancer, severe endometriosis, pregnancy

When you need
clarity and focus
and more energy,
try right nostril
breathing

10-minute sequence

1

Connect to your breath



2

Swan Pose: 7 Bellows breathing
3 times for each side



3

Nose to Knee: 7 Bellows breathing,
then stay for a few deep breaths



4

Wind Release & Kick

7 Bellows

7 Bellows: start right, start left



5

Reclined Half Cow Face

7 Right nostril breathing

7 Bellows breathing 2 times



Namaste



 pathstoyoga.com

 info@pathstoyoga.com

From hot flashes to feeling attractive
and balanced in 12 weeks