

Yin Body Balance | FOR ENDOMETRIOSIS
by KELLI TAYLOR

5 Daily Yin Yoga Poses for Endometriosis

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





New research on endometriosis revealed that yoga can help to reduce pain and improve the quality of life for women living with endometriosis.

Endometriosis & Yin Yoga

As an award-winning acupuncturist & certified yin yoga teacher, I saw great opportunity in marrying my knowledge of Traditional Chinese Medicine with the deep relaxation and internal organ stimulation of Yin yoga to promote healing from the inside out.

The following 5-step guide daily Yin yoga practice has been designed to help promote a better quality of life for women living with endometriosis by increasing blood flow to the pelvic/womb area and to reduce pain.

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STEP 1

Revolved Chair Pose

PARIVTTRA UTKATASANA

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This pose helps to stimulate the 2nd chakra (sacral chakra) which is associated with fertility. It also creates a gentle heat in the body quickly. In this pose, we are going to bring a gentle twist to stimulate and detoxify the organ systems.

Chinese Meridians stimulated: Urinary bladder, Stomach, Lungs, Heart, Small Intestine, Large Intestine, Gallbladder, Liver, Spleen, and Pancreas



TADASANA

1. Start this pose in Tadasana (Mountain Pose). You have the option to have feet together or feet hip-width apart. I recommend playing with both to see which suits your body better.

2. Inhale: Gently raise your hands straight up above your head.



CHAIR

3. Exhale: Bend your knees as you come down into a seated position. Your knees will come over your feet slightly, that is okay. Your upper torso will form a right angle over your thighs

4. Stay here for a few breaths. Feel the heat starting to build.

5. Bring your hands back down and into prayer position at your chest



REVOLVED CHAIR

6. Exhale: Gently twist your upper body to the right. Keeping your palms together bring your left elbow to the outside of your right thigh.

7. Keep your weight in your heels and if feet are together pressing them firmly together.

8. Stay here for a few more breaths.

9. To come out of this pose return to centre and slowly straighten your legs and release your hands coming back into Tadasana (Mountain Pose).

10. Remember to repeat on the other side.

STEP 2

Squat

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

Chinese Meridian stimulated:
Liver, Kidney, Urinary Bladder



THE POSE

1. Start in Mountain pose with feet slightly wider than hip-distance apart.
2. Deeply bend your knees allowing yourself to sink down until your hips are lower than your knees.
3. You may need to shift your upper body as you 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 the alternative is to stand back up into Tadasana.



STEP 3 Sphinx



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 Meridian stimulated:
“Door of Life” where Jing energy is housed in the body, Urinary Bladder, Kidney, Stomach, and Spleen meridians

1. Lie flat on your stomach. Place your hands underneath your shoulders with fingers 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 here 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.
7. Arms are relaxed by your sides.
8. Counterpose: Gently rock your hips from side to side to release your lower back

STEP 4

Child's Pose

BALASANA

This resting pose helps balance the endocrine system and calms the nervous system.

Chinese Meridian stimulated: Spleen, Stomach, Kidneys and Urinary Bladder

THE POSE

1. Start this pose from a tabletop position.
2. Exhale: lower hips to heels and bring your forehead to your mat. Knees can be together or slightly apart.
3. Stay here for a few breaths.
4. To come out of this pose place your palms under your shoulders and slowly bring yourself up into a seated position.
5. Counterpose: Sit upright quietly for a few breaths.



STEP 5

Reclined Twist



This pose is great to stretch the hips and back which can help if you have back pain caused by your menstruation. It aids in the stimulation of digestion by massaging the internal digestion organs. It restores balance in the nervous system making this a very calming, relaxing and balancing yin yoga pose.

Chinese Meridian stimulated: Liver, Spleen, Pancreas, Urinary bladder, and Gall Bladder

THE POSE

1. Start by laying on your back.
2. Inhale: Draw your knees into your chest.
3. Exhale: Drop your knees to your left side. If your knees are hanging in the air put a block under your knees or a bolster between your knees.
4. Open your arms straight out to the sides or cactus them up.
5. Stay here for 2-5 minutes.
6. To come out of this pose engage your core and bring your knees back to centre and roll back onto your back.
7. Counterpose: Hug your knees into your chest.
8. Remember to repeat on the other side.

PROPS

Place a block or bolster under your top knee if it is left floating in the air. Gently play with your neck position keeping it either neutral or looking in the opposite direction of your legs. For more comfort you can place a folded blanket under your head.

STEP 6

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.

Recommended 5-10 mins for full effect.

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

DISCLAIMER

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