

Yin Body Balance | FOR MENOPAUSE
by KELLI TAYLOR

7 Daily Yin Yoga Poses for Menopause



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



Support
natural
balance
from the
inside out.

Menopause & Yin Yoga

Menopause and perimenopause is an inevitable change for all women with the natural decline of estrogen levels in the body. This can leave symptoms of irregular periods, hot flashes, night sweats, insomnia, mood changes, weight gain, and slow metabolism.

I designed this Yin yoga flow to specifically work on the adrenals, thyroid, hypothalamus, and the nervous system. Creating a natural stimulation of the organ system, pelvic area, and the Chinese meridians to restore balance and to relieve symptoms.

Yin Body Balance | FOR MENOPAUSE

by KELLI TAYLOR

STEP 1

Melting Heart



This beautiful asana helps calm the nervous system. It helps soothe menstrual pain and relieves menopause symptoms including insomnia. It also stimulates and balances the abdominal organs and digestive system.

Chinese Meridian stimulated:
Urinary Bladder, Spleen,
Stomach, Lung, and Heart

THE POSE

1. Start in tabletop, knees a little wider than hip-distance apart.
2. Lower down onto your elbows.
3. Place your chin or forehead (third eye) on the floor.
4. Allow yourself to soften into the pose.
5. If you feel any pressure or tension in the shoulders just bend your elbows and place your forehead onto your hands.
6. Stay here for 2-5 minutes.

STEP 2

Child's Pose

BALASANA

This powerful resting pose helps balance the endocrine system, calms the nervous system and aids insomnia: a common symptom of menopause.

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. Counter-pose: Sit upright quietly for a few breaths.



STEP 3

Butterfly

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

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



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 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. Counter-pose: windshield wiper the legs from side to side.

STEP 4

Sphinx

Sphinx pose involves gentle stretching and compressing which helps increase the activity in the thyroid and energizes the adrenal glands. It directs blood flow straight to the uterus and helps improve menstrual irregularities. It stimulates Jing energy, a deep foundational energy reserve of the body and it is this energy that determines one's ultimate vitality and the quantity and quality of one's lifespan.

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



MAIN POSE

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. Counter-pose: Gently rock your hips from side to side to release your lower back.



VARIATION: SEAL

For a deeper back-bend you can transition into Seal pose.

9. To come into Seal bring your palms flat on your mat turning your hands outward, straighten your arms essentially locking your elbows.
10. Adjust the distance of your hands away from your body.
11. Stay here for 2-5 minutes.
12. To come out of this pose, gently lower your chest on the mat and lie with your forehead on your hands.

STEP 5

Supported Fish Pose

This beautiful supported yin yoga pose is known for opening the chest area, stretching the intestinal organs and increasing blood flow to the womb area due to a stretch to the pelvic area. It aids with mood swings and insomnia.

Chinese Meridian stimulated: Urinary bladder and Stomach



SETUP TIPS

The goal of this supported setup is to create a beautiful opening in your front body, while also allowing your body to be in its most comfortable position possible so you can completely relax into the pose. My personal favourite setup is using two bolsters to create a cross that I can lie over (like in the images), but you can also use two yoga blocks- one between your shoulder blades, and one under your head, or a combination of pillows and rolled up blankets.

THE POSE

1. Setup your props as you choose to.
2. Lie on your back with your props centred down the middle of your body & spine, with particular support under your thoracic spine. Use yoga blocks, pillows, etc. to support your head and neck.
3. Breathe in and out deeply, letting your body relax into the shape.
4. Place your arms and legs however you feel most comfortable and relaxed. See below for options.

Rule of thumb: do what feels great in your body

Add a yoga block under your head and lay your arms back.



Butterfly your legs for an inner thigh opening.



STEP 6

Bananasana

This pose works at stimulating the Gall bladder meridian. The Gall bladder meridian is paired with the Liver meridian so in working one you also work the other. The Liver meridian is responsible for the smooth flow of Qi (energy) & Blood, emotions, and vital energy in the body. It is also affected by excess stress or emotions, so suppressed feelings will affect the Gall bladder & Liver meridians.

Chinese Meridian stimulated: Gallbladder, Urinary Bladder, Lung, and Heart

THE POSE

1. Start by lying down on your back with legs straight and arms overhead.
2. Keeping your buttocks firmly on your mat slowly move both your legs to the left.
3. For a deeper stretch cross right foot over left.
4. Still keeping your buttocks firmly on your mat slowly move your upper body to the left.
5. Clasp your right wrist with your left hand.
6. Stay here for 2-5 minutes.
7. To come out of this pose, slowly bring your body back straight and release your arms down to your sides.
8. Counterpose: Hug knees to chest.
9. Repeat on the other side



STEP 7

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.