

Menstrual Cycle Sequence

1



Supta Baddhakonāsana

⌚ 15 - 20 mins

2



Supported Bālāsana (child's pose)

⌚ 5 - 8 mins

3



Jānuśīrṣāsana

⌚ 3-5 mins each side



4



Upaviṣṭha Konāsana

⌚ 3-5 mins



5



Setu bandhāsana

⌚ 5-8 mins



6



Supported side śavāsana

⌚ 10 -15 mins