

## For the Ladies

We ladies sometimes need a little extra support. Dru Yoga is an excellent tool to help us stay healthy and in balance, particularly useful at that time of the month! Yoga has been proven to have a positive effect on the endocrine system, regulating the flow and efficacy of our hormones, in turn helping us to feel empowered and in control of our bodies and not the other way around! Here are some of the things we can help you with:

- ✓ PMT
- ✓ Menstrual cramps
- ✓ Menstrual problems, such as irregular cycles
- ✓ Core and pelvic floor strengthening
- ✓ Coping with fertility issues
- ✓ Pre and post natal support
- ✓ Challenges associated with the menopause

Try a simple “Cat” stretch to help ease menstrual cramps:

- Start by kneeling on the floor, on all fours, hands under the shoulders knees under the hips, with a little bit of space between the knees.
- Gently draw the low abdomen and pelvic region in, away from your clothing.
- Tuck your tailbone under, rounding through the back and the shoulders; finally let the chin tuck in slightly.
- Now lengthen your back, moving your tailbone backwards, dipping the spine slightly, opening the chest and gently lifting the chin. Be careful not to dip the low back too much, aim for flattening this part of the spine.
- Flow between these 2 movements a couple more times, keeping your low abdomen and pelvic muscles engaged throughout and breathing naturally.

If you would like any specific advice, please do discuss them, in confidence, with our experienced tutors and remember to let us know if you are pre or post natal so that we can support and nurture you in the safest way.

For further information contact us on [Isabel@yogainsideout.co.uk](mailto:Isabel@yogainsideout.co.uk)