



Practice ideas week 11 – forward folds

This sequence of forward folds can be adapted as suitable for women during the first days of menstruation to keep the belly soft and quieten the brain. In this case, you would leave out malasana, kurmasana, down dog sequence, and practice all of the forward bends with soft abdomen and head rested. Also legs apart in the supported back bends at the end.

When not menstruating, try these poses as 'active' or more passive, and note the difference 😊



Supta virasana – adjusting height for your needs including sitting on more height (which means you'll need more height under your spine), a rolled blanket for stiff ankles etc

or...



an alternative version if you are restricted to chair practice to at least stretch the thighs, although it is not as quietening unless you can adjust to have your head rested – careful with balance on the chair and make sure it is a stable chair which won't topple to the side!

As my library of photos has expanded, please excuse the re-use of poses from previous weeks! Remember you can go back and look at other practice ideas at <https://maitrystudio.net/features/iyengar-yoga-home-practice> for more ideas on modifications.



Supta swastikasana – easy crossed legs and lie back over support – remember to practice on both sides (legs crossed with R bent in first, then L bent in first)



For more variations with forward bends, including resting your head to a chair remaining upright, or doing some from a chair, see week 2 ideas.

Adho mukha virasana – here with head to brick but if menstruating or feeling tired do this to a bolster for abdominal and chest support



Janu sirsasana – to chair or bolster – here shown with chair or do to bolster as shown for the next pose



Triang mukha eka pada paschimottanasana – again, to chair as above or bolster as shown here – with all of these it's lovely to have elbows supported, so if you have a floppy bolster, support the ends with bricks or other height



Ardha baddha paschimottanasana – here shown with leg on bolster if you can't manage padmasana yet

And then forwards as long as your knees/ankles are OK



Paschimottanasana – horizontal bolster – sit on more height if needed



Baddha konasana – here I can use wall for back support



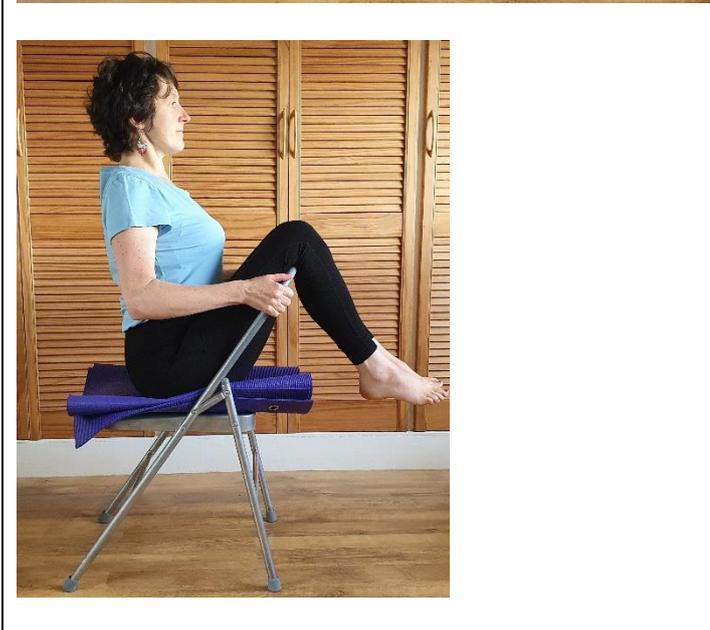
Upavista konasana – forwards to bolster or other height to keep belly soft – here shown with forehead rested in hands if you can't go lower



Parsva upavista konasana – turning to each side, keeping opposite hip grounded still



Malasana – on chair or floor
*not part of menstruation sequence
The chair version can be good if you have knee issues





Kurmasana – on chair or floor

*not part of menstruation sequence

Amazing what a difference the time of day/preceding practice makes...after some preparative asanas and later in the day I can have my head on the floor and arms much further back – this morning, after a weekend of gardening and walking and little yoga practice, and stiffer in the morning too, I need a brick for my head!



Adho mukha svanasana – to release the backs of the legs and spine

*not part of menstruation sequence



Supta baddha konasana



Dwi pada dandasana – crossed bolsters or a chair – this pose has top of head towards floor compared to the next pose where shoulders are rested



Setu bandha sarvangasana – wide legs if menstruating
– shoulders supported on floor, curve of chest, soft belly, extended legs



Savasana – I thought I'd show my set up if it's a cold day – I spread a blanket so that my arms are not on the cool floor. I also sometimes like to roll a little blanket as a neck support. Weight on the thighs is very calming.