

# Hormon yoga asanas and guidelines in your own practice

## Why Hormon yoga

- Lots of fine movements which is beneficial for women body
- Focus on hip area
- Working on glands with modified asanas
- Strengthening the inner (Yinparts) of the body
- Lots of balancing asanas
- Optimal alignment (hip – head, heels, joints, hip, spine)
- Hip, core, pelvic floor, lower back strengthening asanas
- Asanas for healthy women organs, against prolapses, dislocations
- Practice aligned with cycle
- Asanas for grounding
- We strengthen the digestive system
- We try to reestablish lost connection with our body and sensations
- We work with connective tissues
- We relieve stress points, using restorative and yin posture for nervous system
- We gain energy by strengthening pelvis and joints

## Fundamentals of right posture

- Ground with your health and let your bones to gravitate
- Engage the back muscles of your legs and back
- Direct upwards everything at the front part of your body (knee cap, pubic bone, navel and sternum) direct downwards everything at the back part of your body (heels, calves, tailbone, shoulder blades)
- Insert spine deeply into the body

- Narrow your body from the side, especially hip area

## Neutral pelvis

The women pelvic has the tendency for anterior tilt, which compresses the lower back and allows the internal organs to bulge out. This can cause menstrual pain, digestion problems as the intestines are under strain, lower back pain and even pain in the knee.

Place your hands on the hip area and bring back to neutral position. Immidietally you feel thats it is easier to ground with the heels, the back of the leg becomes active and knee cap is not under pressure. There is an immidieta relief in the lower back and the sacram becomes a craddle to the internal organs.

You have to maintain this neutral position while standing, walking and running.

How you can do it:

- Mula bhanda: Tailbone pointing towards the heels, pubic bone and navel upwards. Engaging and puuling up the pelvic floor muscles.
- Hip bandha: Pushing the sacram inside the body and directing the psoas muscles forward. To to this you have to lenghten every morning your psoas muscles otherwise you will have a lower back pain.

## Correct sitting

All starts with the right posture of the pelvis. Pelvis should be grounded while sitting or standing.

- push sitting bones inside the chair
- arch with your sacram
- connect your tigh bone with your pelvic gridle and bring the weight towards the legs

## Lazy hips (Women hip as the source of wisdom & energy)

Unfortunately most of the ladies have lost nerve connection with the buttock and pelvic area due to stress and negligent movement pattern. As we are in thinking mode thorough the day, we forget about our body which results in careless movement. When we moving without attention we tend to put strain in our spine. Thats why there is so many lower back and spine problem.

In order to bring back the correct movement and posture pattern we need pay attantion to our body while moving and correct ourself.

First you have to develop back lost connection with your hip area and pelvis floor. By practicing women yoga you can easily achieve this.

Our hips is weakened by many factors, we need to give special care:

- it distorts every month due to cyclic hormonal changes
- too much wind energy (ayurveda) adversely affects it
- all emotional baggage and trauma accumulates in this area

It is inevitable that we learn to take care of our hip area. With a strong hip you have more will power, creativity and self confidence. Ladies with weak hip area does not have so much confidence and they can develop women diseases much quicker.

For women health it is essential that you maintain a strong hip by daily yoga practice where you equally lenghten and strenghten it.

## Spine protection

- Move your spine each morning in all direction. You are as healthy as your spine is flexible.

## How to avoid lower back pain

- Use your heel power
- Apply the fundamental of right posture and correct sitting
- Try to maintain neutral pelvis during the day

## Knee protection

- Knee cap should be always directed towards the big toe
- Movement especially rotation should initiate from the hip not from the knee. That's why it's important to have a flexible, well lubricated hip joint
- Use your heel power
- When running or walking always try to engage the back of the knee, do not put pressure on the knee cap. You can do it by using your heel power and activating the back part of the body