

Moontime

60-minute playsheet

Welcome to your Moontime, where I'll be sharing a little more on how you can carve out the time needed for you to really sink deep into your Moontime and enjoy the insight and realisations, not to mention transformation, that comes from slowing down when we bleed. Our body needs this time to reboot and recharge. After reading the **30-min Moontime playsheet** you know you need to take time to nurture yourself and be still. But what about life? How do you juggle that?

BUT I'M BUSY. I HAVE THINGS TO DO

Don't we all? Interestingly many of these things that keep us busy, however, are not aligned with our highest purpose and do not serve us. Being busy is a procrastination tool. It takes us away from ourself. It stops us connecting with ourself. When you begin to bleed it's your time to begin to break this pattern and learn how to truly *be* with yourself and listen to that internal guidance.

If you're someone who likes logic and thinking, then this time of month can seem quite challenging, because it requires you to dive into a part of you that is so natural to your *being*, but may have been conditioned out of you, through taught behaviours that lead you to trust your head over your heart. By deepening your awareness of your inner world - taking this time for you - you become more heart-connected, more in the flow of life.

When we *don't* take this time, all of the 'stuff' that we need to let go of, it stays stuck. It accumulates. Life gets even *more* busy. Yes, when we're holding onto a lot of old 'stuff' - behaviours and mental conditioning - it creates so much 'busy' in our life, that we lose touch with who we are and what we want. Life becomes difficult, a chore even, and nothing seems to put the joy in our step.

Ok, I hear you. You have work and family responsibilities. You work a professional job, where you don't have time to chill during your Moontime. Let me ask you then: Do you have time to go into surgery to fix a prolapsed sexual organ that had been calling out for your attention, but you never made time to listen to your needs? Do you have time for a nervous breakdown?

The truth is, when you make the decision to slow down during this time, then the people and things you need to create the space for you to slow down and go inside, will present themselves. This is your life and you can do as you please. It is only your belief systems that make you believe that you will lose out if you don't live up to the supposed expectations of your employers or family or friends.

The thing is, by taking this time off, or simply working from home, so you can be more in your safe space, curled up with a raw cacao hot chocolate, with a computer on your lap, you will be more productive for the rest of the month, because you'll have had this chance to recharge. You will also spend less time doing the tasks that will slow down the process, because you'll be more tuned into what you're working on. You'll get it done quicker, without the hiccups that would have come from an overworked, overtired mind.

It's stress, the stress of work, the stress of being busy, all kinds of stress that exhaust and deplete our adrenals and as a result, adversely affects our menstrual cycle. When the adrenals are in a stress cycle, they can no longer produce our healthy hormones in a balanced way that supports us. This can lead to

issues such as oestrogen dominance which is linked to the experience of PMS, fibroids, endometriosis and irregular menstrual cycles, just to name a few.

Am I painting the picture here? Taking this time to connect with your True Self when you bleed isn't a luxury, it's a *necessity*. Our bodies are processing a LOT during our menstruation so they need rest to restore and renew the energies to be released again with the birth of a new cycle. There are things mentally and physically that need to be let go of, that can only fully release when we create a restful space for them to do so.

Ultimately what all women yearn for, is some down time. Time to be with themselves, and self-nurture without any cares in the world. Moontime is your time to do so. And it's through introducing this self-time into your life each month that any Pre-Menstrual Symptoms will decrease, your periods themselves will become much more comfortable, even enjoyable! Plus you'll feel more confident with a deeper sense of self-love. Not bad for taking a few days each month to deliver yourself what you were designed to receive, hey?

OUR ENERGY SUPPLIES

We can blame our period for depleting our *physical* energy supplies, or we can take responsibility for our lifestyle choices. For when we give our body what it needs during our Moontime we support our body supporting us and we won't feel fatigued or exhausted as many women experience when they bleed, often relying on caffeine to get them through.

We lose around 35ml of blood with our menses, yet donating blood, on average, we give more than 10 times that amount of blood (450ml). There is a lot of literature that claims that women lose energy when they bleed, and to some extent this is true, but how much we lose depends on how we treat ourselves during this time. That said, long heavy cycles can be very draining on the body.

Ideally you want to be having short, light cycles. Having a regular *Yoga for the Vagina* practice will help balance your reproductive system and build a strong pelvic floor to help seal in that energy so less is leaked out when you bleed. The specific poses chosen for this sequence are designed to help restore any energy loss, so that you don't experience that dip in energy when you bleed.

Witness the self, rather than being pulled under by a turbulent current of emotion.

Now lets look at a woman's body from an *energetic* perspective. Although we are dense matter in our 'body', on a cellular level we are vibrating molecules and vast amounts of space. These molecules vibrate together and create an energy field. What happens to our energy body when we menstruate? It expands. It's as if you're filled with pure radiance. Seriously!

Now because of this expansion in your energy body, everything becomes amplified. You're more sensitive to emotions and cry more easily. You become much more aware of imbalances within the body, which can manifest as cramps, headaches and lethargy. Because you're more highly attuned at this time, your body starts to transmit information to you that you're not normally aware of.

Any symptoms you experience around menstruation, are signs of deeper physical or emotional issues that need resolving. They've come up at this time - when you're more able to feel them due to your deeper connection with yourself - to be healed. Simply giving these symptoms voice, creating space for you to 'feel' them as opposed to bandaid them with a pill, is what facilitates healing.

A LITTLE TRADITION...

Ok, so lets travel back in time to the women before us. You may have heard how women of some cultures would actually gather together at what was called a Moonlodge when they were bleeding, because it was believed women were at their most powerful at this time of month. They were excused from their daily tasks, so they could do their all-important spiritual work together. Obviously this is very much at odds to how we live today, with 'time off' at Moontime considered weak or inconvenient.

Living in busy cities and dealing with the hustle and bustle of life disconnects us from nature and thus our menstrual cycle. Some people live in cities that are so smogged over they can't even see the moon, which has been connected to our periods for centuries. Traditionally the new moon was associated with menstruation and the full moon with ovulation.

Historically this has to do with the impact of light on the earth and our bodies, with the full moon being the Earth's most fertile time due to the additional light plants get when there is bright moonlight as well as sunlight. There is a lot of literature that says when a woman bleeds on a new moon she is in a White Moon Cycle, and if she bleeds on a full moon she is in a Red Moon Cycle.

For those women who do tend to sync up their menses with the moon, the White Moon cycle tends to be more common, yet the Red Moon cycle has some interesting traditional connotations. Historically women who experienced a Red Moon Cycle have been considered to be healers, wise women, or medicine women. It's also said that the Red Moon Cycle is related to creation, not so much of new life, but of creating art or business or new creative projects.

Now whether or not you link up to a Red Moon Cycle, a White Moon cycle or something in between, what really matters is that you are having a healthy cycle that is consistent for you. A cycle lasting anywhere between 23 and 35 days is considered healthy, and bleeding lasting no longer than 6 or 7 days. If your cycle is wildly fluctuating then there may be a problem such as PCOS, fibroids, or endometriosis; all women's health problems that can be healed through practices such as *Yoga for the Vagina*.

Just know that your cycle is magical regardless of any cool moon syncing that may or may not happen. The arrival time, the heaviness and the length of your cycle are simply ways that your body communicates to you, letting you know if there are things that you need to look at. Things you need to heal within yourself. If we take this time during our bleeding time to really feel into those messages, we'll start to tap into our intuitive power so we can do the healing we are here to do.

In the **Moontime 30-minute playsheet** I shared some great 'dos' and don'ts' for when you're bleeding. My suggestion would be to re-visit this and see what else you can introduce into your life to make it a little more snug, a little more like life is supporting you during your Moontime. And if you'd like a lovely meditation to do at this all important time of month, here's one that ticks all the Moontime boxes...

BALANCING MEDITATION

A nice way to introduce meditation into your life, or strengthen an existing meditation practice, is by doing **Alternate Nostril Breathing** which I have included inside the **Moontime sequences**. This meditation can be done from anywhere between **3-minutes** and **30-minutes**, and is a beautiful meditation to do daily when you're bleeding, creating a deep sense of wellbeing and harmony on all levels as it balances the energy channels in the body, relaxes tension, opens circulation and moderates your blood pressure.

Sitting in **Easy Pose** (or a comfortable seat of choice), move the fleshy bits of your booty out of the way so your sit bones can root down into the earth. Feel your spine tall and shoulders relaxed. Rest your left hand on your left knee, and let your heart be open. Bring your right hand in front of your face and use your right thumb to close your right nostril.

Inhale slowly through your left nostril until you reach a full inhalation, pause as you close your left nostril with your right index finger and remove your thumb to open your right nostril. Exhale through your right nostril until you are empty of air. Inhale through your right nostril. At the full inhalation, pause as you alternate from your index finger back to your thumb so your left nostril is open and the right nostril closed and exhale through your left nostril.

Continue this sequence: Slowly inhaling left, exhaling right, inhaling right, exhaling left, and so on for **3-30minutes**. Remember to consciously take slow deep breathes throughout, keeping your breath smooth without straining. This can feel like yoga for the brain, so just a little tip to help you remember the sequence: After every inhale, you switch to the other nostril.

Closing or opening one of the nostrils has the ability to help change our moods and energy levels entirely. This is a highly nourishing practice that is brilliant for anxiety or if you have an exam or big creative project you want to be centred for. The quality of energy processed through the two nostrils differs substantially, each relating to opposite hemispheres in the brain. When used like in the above meditation, you help balance the body. Yet we can use them individually too...

If you have trouble sleeping, spend a few minutes lying in bed holding your finger over your right nostril so you can slowly breath in and out of your left nostril. This will activate the Ida nerve and your parasympathetic nervous system, which will calm you down and slow your heart rate. It's a very cleansing energy associated with the moon. Left nostril breathing is also a great tool to use if you have a binge eating problem.

Feeling a little low on energy during you day? Spend a few minutes holding your finger over your left nostril so you can breathe through your right nostril. This activates the Pingala nerve which helps you feel more alive, more alert and more in your power. It is associated with the sun and is warming and projective in nature.

YOUR GO-TO POSE

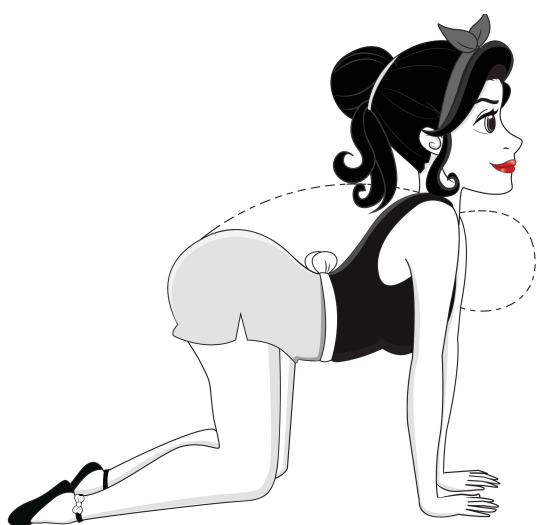
If you've explored the **Pelvic Parfait Mini** and the **Letting Go** and **Moontime Manuals**, you know that **Pussy Cat** is a super pose for women. I won't go into all the benefits here - aside from saying it's brilliant for engaging your entire pelvic parfait - but I do want to spend a little time sharing how you can set yourself up for greatness in this pose. As you know, having a solid foundation from which to work with, is what will ensure you get the best out of each posture.

So in order to come into your **Pussy Cat**, you first need to set yourself up in what is known as **TableTop Position**. You'll also use this **TableTop Position** to begin **Sex Kitten**, **The Hover**, and you'll sometimes enter **Extended Child's Pose** from it. Lets break it down...

Come forward onto your hands and knees like a **Pussy Cat**, ensuring your knees are directly under your hips, and your hands, wrists and elbows are straight, shoulder-width apart, fingers facing forward and spread like star-fish to activate your heart and help you balance and ground down. Your spine, including the back of your neck is parallel with the floor, gaze straight down. This is your **TableTop** position. Now lets refine it.

Once you're here, draw your shoulders away from your ears, while at the same time pressing away from your yoga mat, elbows straight but not locked. Imagine the crown of your head shooting forward in front of you, as your tail reaches back behind you, creating the perfect length that would allow you to balance a tea cup on the back of your neck and one on your lower back. Hug your navel to you spine, feel your abdominal wall engage. This helps you find integrity in your spine so your belly's not collapsing. Now you're ready to move into your pose.

These are the things to consider when setting yourself up for **Pussy Cat**. Don't worry. You don't have to remember it all. Just take something from what I just shared with you and apply it, then revisit these playsheets often so you can further refine the pose. Ok, foundation is set, now lets go into our **Pussy Cat**...



Press through your fingers and the tops of your feet, as if you're pressing away from the yoga mat, and as you inhale and tilt your pelvis forward, arching your spine down towards the floor, head and neck looking up. Make sure you reach through the sternum to lengthen your spine; in other words, imagine your heart is radiating forward. You're moving from the base of your spine to the top, so your head comes up last.

As you exhale, curl your tailbone under and arch your spine up towards the sky - like a Halloween cat - pressing into the tops of your feet, as your chin comes to your chest, letting the weight of your head go completely. Feel the stretch as your back creates a yummy arc.

Continue this action breathing powerfully. The movement should be fluid and the spine one continuous flexible bow. You're moving with the breath, dropping the belly as you inhale, heart reaching forward, rounding through the back on an exhale as you tuck your chin into your chest. As you **Pussy Cat**, keep checking in that your hands and feet are planted firmly into the floor, and your ears are drawing away from your shoulders. Keep your neck long.

What's important to understand with this pose - like any **Spinal Flex** in the series - is that your pelvis is what drives the movement. If you imagine you're a car, your pelvis is creating the spark so the full vehicle can roll forward through the pose. Lifting through your core, the spine separates from its muscular restraints as the back of your head and tip of the coccyx move toward each other. Do not lock your elbow joints, but focus on the sensation of weight moving toward the floor. The movement should be fluid and the spine one continuous flexible bow.

TIME TO PLAY!

OK, so it's that time of month, you need a little self-nurture. A little nourishment. Put on something that makes you feel beautiful and that you can move freely in, and head to your yoga mat for your **Moontime 60-min sequence**. Be open. Be real. And just sink into the mat in any way that feels yummy for you. This is YOUR practice. YOUR time to be present with yourself.

While I encourage you after each practice to do a little journalling, it's even more important after your **Moontime sequence**, because you will be even more tuned into the messages your True Self is wanting

to communicate to you. For that reason you don't need guidance from me on what to ask, let your pen share with you what you most need to hear right now :)

MOONTIME 60-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	4-min
Light Massage	2-min
Intention	1-min
Goddess Pose	3-min
Rock'n Roll	30-sec
Alternate Nostril Breathing	3-min
Half Moon Neck Rolls	3-min
Rest	30-sec
Pussy Cat	3-min
Extended Child's Pose	90-sec
T-Rex	3-min
Child's Pose	2-min
Sphinx	3-min
Rest	30-sec
Sacrum Grinds	3-min
Extended Child's Pose	90-sec
Prayer Squat	3-min
Forward Hang	3-min
Legs-Up-A-Wall	3-min
Wall Pretzel	1-min
Relaxation	6-min
Eye Love	1-min
The Shuffle	30-sec
Rock'n Roll	30-sec
Self-Love Blessing	2-min