

Moontime

5-minute Mini for Anger, Agitation and Cramps playsheet

Menstrual problems affect women physically, mentally and emotionally. If you're familiar with PMS, then you'll know exactly what I'm talking about. Why do we cop this onslaught? Because us ladies are known to shove our anxieties, worries and stresses straight down into our reproductive organs. When we do this, our organs scream at us, especially during our Moontime, when we are at our most sensitive, energetically.

That said, we can experience anger, frustration and cramping at various times of month, and this Mini is for these times. To help bring calm ease to your worried mind, so that your reproductive organs can be free of that added mental stress. While you have two gorgeous full length **Moontime** sequences to help support you during this time, this Mini is super powerful when you only have five minutes to spare, or simply can't bring yourself to do a full sequence.

THE GIFTS OF THIS MINI

This is a beautifully calming Mini; calming for the mind as much as for the body. If you find yourself getting angry easily, this Mini will cool you down, while also reducing the agitation of your mind. We're working with a cooling posture that brings ease to the mind and body as one, hence why it's so good for anger, agitation, cramps and the PMS that comes along with one's monthly cycle.

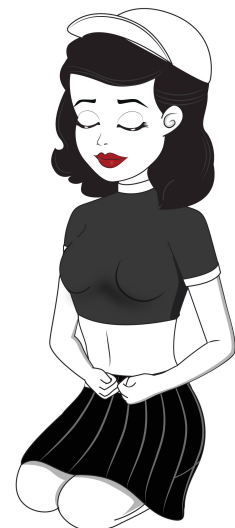
Headaches and sinus congestion almost immediately go away if you spend at least a few minutes in this posture, while practising this Mini regularly, increases circulation and thus helps the heart. As we compress the abdominal organs, we are squeezing the blood out of the liver and spleen, and sending it to the heart. Slow deep inhalations while resting in this posture, helps this process.

Because we're also working with the spinal cord in this posture, you'll find this Mini great for alleviating back pain and neck pain as it massages the sciatic nerve. When practised with proper breathing - long slow full breathes in and out - it significantly alleviates abdominal ailments. You can even get rid of stomach ulcers and indigestion problems. Because this Mini also massages the pancreas, it's useful in the prevention and cure of diabetes.

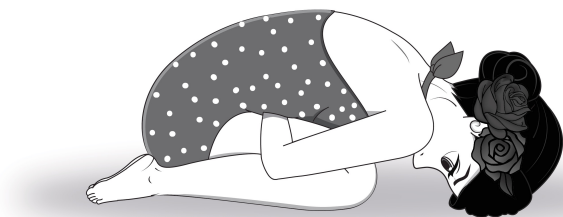
HOW TO DO THIS MINI

Begin in **Rock Pose**, sitting on your heels, sit bones rooting down into the earth, through your ankles. Feel a gentle lift in your heart as your crown draws to the sky. Make both hands into fists, and tuck them into your navel, so your knuckles are burrowing into your thighs, pinkie fingers against your lower abdomen/pubic mound. Your elbows will naturally point out to the sides.

Inhale a full breath down to your reproductive organs, and as you exhale, slowly and mindfully hinge forward from your hips with the aim to touch your head on the ground, while keeping your buttocks connected to your heels. Make sure during this journey down, that the movement is coming from your hip joints. Once you arrive into



the posture, it should resemble that of **Child's Pose**, only your fists are burrowing into your thighs and lower abdomen, as opposed to resting beside your body.



Hold here for 20-30 seconds, breathing deeply into your sexual organs, then on an inhale, keeping your hands where they are, slowly roll up through your spine to return to **Rock Pose**. Exhale, inhale, and on an exhale, hinge forward to repeat this pose. Keep repeating this pose for **5-minutes** or more, if time allows. Throughout this time, keep your focus centred on your breath. Long slow deep breathes in and out, feeling the compression in your sexual organs.

OTHER WAYS

If you can't touch your head to the floor (or if you'd prefer not to lower your head below your heart due to blood pressure issues), pop a cushion or blanket at the height you can/or would like to come down to, to help support you as you rest there. If **Rock Pose** is challenging for you, take a rolled up blanket, place it under the front of your ankles on the floor (you'll need to make the blanket fatter if it still doesn't feel comfortable), then place a second folded blanket from the back of your knee joints, all the way to your toes, and sit back here.

If on the other hand, you find the fists too intense in your abdomen, you can do a gentler version of this sequence, by either taking your hands up tall, so when you arrive on the mat you're in **Extended Child's Pose**. Or you can have your hands by your sides, and as you come into Child's Pose, simply allow your arms to rest by your sides. If you choose either of these last two options, just make sure that you keep your thighs together in **Rock Pose** (as opposed to parting them as we do in the full length sequences) so your abdomen can still receive that light pressure.