OFFICIAL HANDOUT

HORMONE YOGA THERAPY FOR WOMEN

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It contains questionnaire and log sheet.

1. BASIC TECHNIQUES

We start explaining the basic techniques that will be used in the exercises presented here.

Bastrika K.D. is the breathing technique that activates our inner energy. Inhalation and exhalation should be both very strong with emphasis on the exhalation. The main feature is the movement of the abdominal muscles to the back in each exhalation feeling that your navel is very near the spine. Remember to breathe only through your nose. Bastrika KD is used in many postures during our practice.

To practice it, sit with your spine erect and rest your hands on your knees. When inhaling, relax the abdominal muscles and when exhaling, contract them (do not move the top part of your body), this is an abdominal breathing, where the air is exhaled forcefully by moving the abdominal muscles towards the spine. The ideal tempo is about 40 per minute (such as the tic-tac of a clock).
In Hormone Yoga Therapy, besides activating the inner energy, Bastrika KD also helps massage different internal organs as the different postures are performed. This pranayama will be used in almost all exercises of the Hormone Yoga Therapy series (with rare exceptions).
Throughout this material, we will refer to Bastrika K.D. simply as Bastrika, but the practice is always Bastrika K.D. described here, not the usual Hatha Yoga Bastrika.

Moolabandha is not an asana, it's a bandha (a muscle contraction) and it acts on the flow of energy.
Moolabandha consists of a strong contraction of the anus and perineum muscles. It stimulates our pranic energy in the basis of the spine. We do it with full lungs in HYT.

Kechari mudra - touch the tip of the tongue on the soft palate. This mudra promotes pranic energy circulation.

Uddiyana bandha *(elevation of the diaphragm):*
Exhalation of all the air, keeping it out of the lungs, make a mock inspiration - the movement of an inspiration (expansion of the rib cage - elevation of the ribs) without inhaling, raise and extend the arms upwards - this action will promote a vacuum in the

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abdominal region when the abdominal muscles are relaxed (compressing organs and glands).

Ujjayi - This promotes full expansion of the upper part of your lungs, concentrating the pranic energy in the thyroids and parathyroids. This breathing also eliminates mucus in the airways.
Technique: sit with the spine erect. Relax the jaw but do not open your lips. Close your glottis partially, obstructing the passage of the air, when inhaling and when exhaling. Now take very large breaths (prolonged inhalations and exhalations) using the middle and upper part of your lungs. This pranayama is used in the slimming exercise.

Jalandhara bandha *(chin to the chest):* Press your chin firmly against the chest. This is usually done with breath retention with full lungs. It activates specially the thyroids and parathyroids. It also stretches the cervical spine energizing the brain.

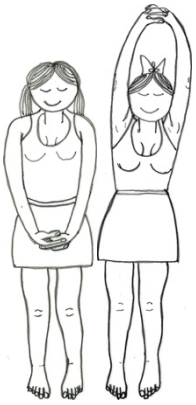
Surya bedhana KD:
With the middle finger of your right hand, close the left nostril. Inhale and exhale strongly through your right nostril (solar energy activating the metabolism); feel that your breath is like a bellows activating the energy source. Vigorously contract the abdomen during exhalation.
It activates the energy and metabolism

Circulation of energy is a Tibetan technique that directs the energy to the desired spot - This technique strengthens the reactivation of the hormonal production with asanas and pranayamas.
Technique: Take a deep breath. Let's make the energy circulate the natural way: going up through the spinal cord where it lives, circulating all ramifications of S*ushumna* (the main channel of energy that goes up to the tip of the nose and top of the head, from the nose it goes then to the organ or gland that we want to activate (for example, the ovaries).
Let's practice:
– inhale
– hold the air and place the tip of the tongue on the soft palate - Kechari mudra
– Concentrate in the tip of the nose
– Do anal contraction (moolabandha) and the energy comes through the spine and then to the tip of the nose.
– Change the concentration to the point to be activated (i.e. ovary or thyroids)
Exhale slowly, feeling the wave of energy coming to that point.

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2. Warming-up exercises

It's very important to prepare your body, warming it up before beginning the exercises of your daily series. Besides that, these 7 warming-up exercises suggested here release areas of tension and start inducing the production of hormones.



Warming-up 1 - Shoulders - Standing up, feet 20 to 30 cm apart. Interlace your fingers, keep your arms stretched down and turn the palms out. Do 7 bastrikas, inhaling while you raise your arms up and exhaling while lowering them down. While exhaling draw your navel strongly in, towards the spine.



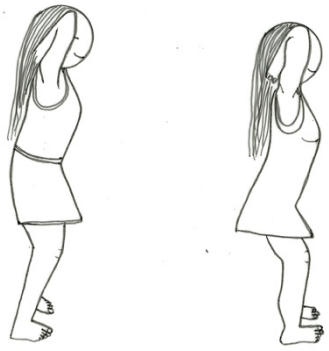
Warming-up 2 - Lateral bending - Still in a standing position, fingers interlaced (the palms of your hands turned out or in). Stretch your arms up towards the ceiling. Bend your body to the sides, doing bastrikas, inhaling to the left, exhaling to the right. Do not allow your trunk to lean forward or backward. Always remember to draw your navel inwards while exhaling. Do it 7 times and then repeat, but this time begin by inhaling as you bend to the right, exhaling to the left.



Warming-up 3 - The hip exercises - Still standing up, knees slightly bent, feet apart (20 to 30 cm), raise your arms and cross your fingers on your nape, without forcing. Now start moving your hip sideways, doing bastrikas, inhaling as you move to one side and exhaling to the other. Repeat 7 times for each side. Don't move your upper body, move only the

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hips. This exercise releases tensions in the reproductive area. Repeat starting on the other side.



Warming-up 3A - The hip exercises front and back - Still standing up, knees slightly bent, feet apart (20 to 30 cm), raise your arms and cross your fingers behind the neck, without putting too much stress. Do 7 *bastrikas* inhaling moving the hip to the back, exhale moving it to the front. Do again 7 *bastrikas* inhaling moving the hip to the front, exhale moving it to the back.



Warming-up 4 – Standing leg stretching - this is a stretching of the posterior leg muscles, in which many people have stretching difficulties. Standing on your feet, cross the right leg in front of the left, setting the right foot parallel to the left one. In this position, the leg that is in front will help keep the other one straight. Put your hands together, interlacing your fingers, and raise your arms. Inhale and, while exhaling, lower your arms and thorax (bending forward from your hips). In this position, doing bastrika, push your flexion down (hands or crossed forearms) for about 10 cm towards your feet while exhaling and let it pull upwards while inhaling. Repeat seven times. When you finish, raise your arms and relax them to the sides of your body.
Repeat changing the position of the legs.



Warming-up 5 – Lateral leg stretching - Lay down on your back. Bend both legs, pressing your knees against your abdomen. Hold your big toes spreading your knees apart. Turn your body to the left, still holding your big toes, and stretch your left leg on the floor. Hold on, counting 1, 2 and 3, relaxing the posterior musculature of the stretched leg. Bend your two legs back on your abdomen. Then turn to your right, stretch the right leg, counting 1, 2 and 3,

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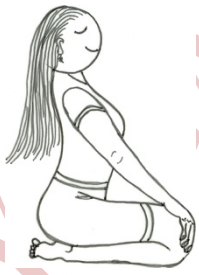
while relaxing the posterior muscles. Attention: it's important to stretch the leg, even if for one second. With time your stretching will improve, and you'll be able to hold on for the whole 3 seconds. Repeat 3 times for each side.

Warming-up 6 - Twisting (Flying hair) - this exercise will benefit your spine, kidneys, adrenals, also strengthening your hair. Sit upright on a blanket, legs crossed. If it's too much effort, sit on a cushion or a small stool (not on a chair: its back would hinder your movements). Hook your fingers in front of your body (mudra K.D.), elevate your elbows, putting arms and forearms horizontally. Your eyes should be kept half closed. Inhale turning to the left with a slight push of your arms - look at your left elbow, exhale turning to the right with a slight push of your arms - look at your right elbow. Keep your eyes semi-closed, fixing your gaze only backwards to keep from getting dizzy. Proceed with this twisting, feeling your hair flying with the movements. Pay attention not to lower your elbows (keep arms and forearms in the same horizontal level) and be aware to draw your navel in while exhaling. Repeat 7 times exhaling to the other side. Attention: if you suffer from labyrinthitis, do the twists without moving your head.





Warming-up 7 - Sitting cat - Sit upright with crossed legs or sitting on your knees. Hands holding your knees or, if your arms are very long, hold the big toe of your right foot (under your knee) with your left hand and the big toe of your left foot with your right hand. Keep your arms straight and do 7 Bastrikas, like this: without moving your head, inhale by opening your chest wide and bending your spine forward and exhale by bending your spine backwards. Then repeat 7 Bastrikas, inhaling, bending the spine backwards and exhaling, opening the chest wide. You will be activating the adrenal





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glands, kidneys, pancreas, thymus and benefiting your spine.

3. Exercises of the daily series

Duration: 30 minutes

Exercise 1 – *Janushirshasana*

Initial position: sitting with stretched legs and a straight back.





Bend your right knee and put your heel near your perineum. Lower your knee to touch the floor. Place your hands on the floor in front of you (left hand under your right hand). Raise your arms and chest, stretching them up. Turn your thorax to the side, facing your left leg. Inhale and while exhaling bend your thorax and hold the toe of your left foot. Hold your big toe with your left index finger and thumb. Your other fingers rest over your toes.
Do 7 bastrikas this way: inhaling, relax your foot and pull with your thorax; exhaling, relax your thorax and pull with your foot, stretching it. Keep your foot pointing front, circulate the energy:
(1) Inhale and retain the air.
(2) Put the tip of your tongue on the soft palate and concentrate in the tip of your nose;
(3) Do moolabandha and count to 3 and the energy comes up through your spine and then to the tip of your nose;
(4) Change the concentration to your left ovary and exhale slowly, feeling the wave of energy in your ovary.
Erect your spine up slowly and carefully. Repeat the exercise the other side, bending your left knee.

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Exercise 2 - *Ardha Matsyendrasana*



Initial position: sit on the floor, legs stretched and together.
We do Ardha Matsyendrasana in 3 positions:
1 - Bend your left knee, hold your leg with your right hand on the knee, pulling it leg towards your chest and your left hand on your shin. Keep your back straight and your chest open. Do 7 bastrikas and remember to contract your abdomen when you exhale. Circulate the energy to your left ovary.



2 - Pass your left foot to the other side of the stretched leg, twist a little more to the left, embrace your bended left leg with your right arm, prop your left hand behind your body and look back. Do 7 bastrikas and then circulate the energy the same way, again to your left ovary.



3 - Twist your spine a little more, passing your right elbow in front of your left knee, hold your left ankle. If you can't do this, repeat the part 2 above. Make sure you twist a little further. Do 7 bastrikas and circulate once more the energy to your left ovary.

Repeat the exercise to the other side, bending now your right leg and energizing your right ovary.

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Exercise 3 - *Mahasana*



This should be done breathing freely. Initial position: on your knees.

Close your hands, with your thumbs inside and put them behind your ears having the palms of your hands facing forward. Your knees are together and your feet apart. In this position, inhale, retain and make these 4 movements:



1 - Bend your trunk to the left, lowering your hip to the right, as if you're going to sit, almost sitting on your right heel.



2 - Repeat, bending to the right.



3 – Raise your trunk and open up your chest.



4 - Bend to the front, lowering your trunk towards the floor.

Breath twice and repeat the exercise two more times. Afterwards, sit on your heels, lower your head to the floor and leave your arms on the floor next to your body. In this position, relax for a few seconds.



Exercise 4 - Prayer

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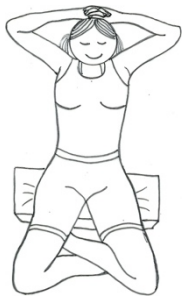
Initial position: sitting on your heels, stretch your arms forward, resting your forehead on the ground.

Stretch your right leg, lowering your hips even more, over your left heel. Your left knee should be at the center of your chest. In this position do 7 bastrikas and then circulate the energy according to what has been taught, first to your nose, then to your left ovary.

Now repeat it, but this time stretching your left leg and circulating the energy to your right ovary.

Exercise 5 - *Ardha-suptavajrasana or* Stretching







This exercise replaces the *Suptavajrasana* which requires a very good flexibility of the knee and leg muscles, so we start easy, with excellent results.

Initial position: Laying on your back, bend your legs and put the soles of your feet on the floor.

Raise your hips a little and place a cushion under the buttocks. Cross your legs leaving your knees on the floor and stretch your arms straight over the head with fingers interlaced. The ovaries region must remain stretched and a little higher than the rest of the body. Stretch yourself fully and make 7 Bastrikas K.D. Circulate the energy to your nose and then to both your ovaries at the same time.
In the same position, relax your stretched arms, bending them. Breathe normally and then exhale emptying your lungs completely. With empty lungs, make an abdominal suction: Uddiyana - stretch your arms, expanding your ribcage and feeling a vacuum in the abdominal area. Hold on in retention as long as you feel comfortable. Before inhaling, relax your arms and the abdominal muscles.

Exercise 6 - Five waves of beauty - K.D.

Initial position: lying on your back.

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First wave - Bend your two legs and, holding your thighs, press them against your abdomen. It's important to feel your back on the floor because you will also activate your adrenal glands and kidneys. Without moving your legs make 7 bastrikas (always remember to contract the abdomen while exhaling). Circulate the energy first to your nose and then to your **face and hair.**

Second wave - Place your wrists under your hips, with palms facing the floor and thumbs touching each other. Your hips should press on your wrists. (Attention: it is important to keep your wrists in this position until the end of all waves, except when they are fragile).



Bend both legs over your abdomen. Make 7 bastrikas extending your legs alternatively, approximately 10 cm from the floor. Inhale while bending your right leg and exhale flexing your left leg, contracting your abdomen as you exhale.
Be careful not do a bicycle movement. The feet move parallel to the floor.
Then bend and hold both legs pressed against your abdomen. Circulate the energy to your **face and hair**.

Third wave - Repeat the second wave, this time inhaling as you bend the left leg, and exhaling when you bend the right leg. At the end, bend the two legs over the abdomen and circulate the energy the same way (to your **face and hair**).



Fourth wave: keep your wrists under your hips, palms facing down. Bend your legs, keeping your thighs vertical and your feet flexed. In this position kick alternately your buttocks. Inhale when kicking with your left heel and exhale when kicking with your right one counting **15 Bastrikas.** Circulate the energy to your **face and hair.**

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Fifth wave - Repeat the exercise, now exhaling while kicking with your left heel and then circulate the energy to your **face and hair.**

Note: If you don't suffer from high blood pressure, the fourth and fifth waves can be done in retention with full lungs.
Inhale, retain the air and kick alternating as many times as you can in the same retention.
Circulate the energy to your **face and hair.**
Repeat the exercise one more time. Then, circulate the energy the same way to your **face and hair.**
Attention - it's important that you keep your thigh vertically and your feet in a position that allows your heels to hit your buttocks. If at the beginning you can't hit your buttocks, don't worry. Persist, keep your thighs vertically, make the movements and soon you'll be progressing.
Keep your wrists under your hips in waves 2-5.

Exercise 7 - YOGA NIDRA - PURIFYING THE *NADIS* OF THE ARMS
It activates thyroids and ovaries

Initial position: lying down on your back, with bended knees, sole of your feet on the floor, 30 cm apart and knees touching each other. This is the sedative posture.
Now you can take your wrists from under the hip and the arms lie relaxed, apart from the body, with the palms facing upwards (the hands are red, with the *prana* locked in).

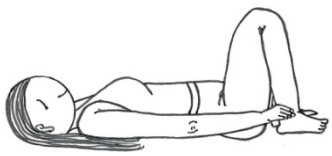


Concentrate on your left hand, that is "shining" full of energy. Now inhale very slowly, imagining the energy is leaving your left hand, going up your arm, imagine a bright light on your **wrist** (it's an activation point for the ovaries), bright on your **throat** (thyroids and parathyroids) as the energy touches it; then, change the focus of concentration to the fingers of your right hand and exhale, **purifying the *nadis* of your right arm.**
Your right hand is shiny, full of energy.

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Inhale now imagining the energy coming in through your right hand, bright light on the **wrist** and **throat** and exhale leading the energy through to your left hand **cleaning the *nadis* of your left arm.** And so, you'll go on for 3 or 4 times, always inhale imagining the energy entering by your hand and exhale purifying the *nadis* of your other arm. Finish exhaling the stale prana through your left hand. You will be moving pranic energy and not air as it enters through your nostrils. Try to feel or visualize the energy expanding like light in each of the points (wrists and throat/thyroids). This exercise, in addition to bringing energy to the ovaries and thyroids, is very calming and suitable to be done at night before going to sleep, in bed (in this case, it can be done with your legs stretched out and feet a little apart). It also purifies the *nadis,* **eliminating wrist tendinitis in the forearm and pain in the joints of the hand.**

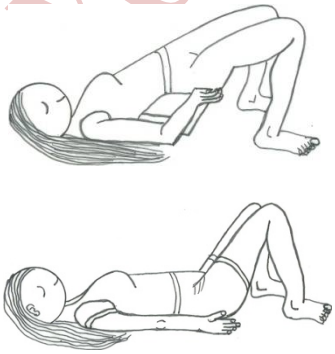
Exercise 8 - Dynamic *Vilomasana*



Initial position: lying down on your back, bend your knees and hold your ankles (they are is also an activating point for the ovaries).
Now raise and lower your hips 7 times, making a wave with your spine, like this:
Inhaling (normal breathing) raise your hip, then your waist and finally your thorax. Exhaling, lower your **thorax**, **waist** and **hips**, and finally doing a little inverted wave – as if you wanted to touch the floor with your tailbone. It's very important that this wave be correctly done because it'll benefit your spine, kidneys and adrenals.



Raise and lower 7 times and in the last time hold the hips up, supporting them with your hands. In this position, do 7 bastrikas K.D. and then circulate the energy, first to the nose and then to the throat (**thyroids**). Lower carefully your spine, making one more wave. (lowering **thorax, waist and hips**). Coming to the floor, circulate again the energy, the same way to your **thyroids.**



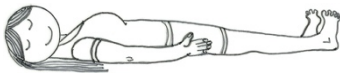
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Exercise 9 - Slimming Exercise

This exercise balances the function of the thyroids.

Do you remember the *Ujjayi* breathing? *Ujjayi* consists of making deep breaths (middle and upper movement of the chest) opposing resistance to the passage of air by closing the glottis partially.

Initial position: lie down on your back, legs together straight, with your toes wide open (if possible) and pointing to the roof. Arms stretched along the body. Relax your shoulders. This exercise is made up of four parts: 9a, 9b, 9c and 9d. In each position we'll make 3 ujjayi breaths and then circulate the energy to the **thyroids**.



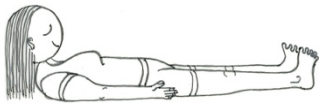
9a - Turn your head to the left, trying to touch your shoulder with your chin. Relax your lower jaw, keeping the lips together. Take 3 deep *Ujjayi breaths,* filling the middle section of your chest fully, opposing resistance to the air in the glottis, while you inhale and exhale, (the throat area). That can produce a light sound, like a light snoring. At the end of these 3 ujjayi breaths, circulate the energy to your **thyroid**.

9b - Repeat it with your head to the other side.



9c - Raise your thorax, supporting it with your forearms. Keep your feet stretched. Project your chest up, shoulder-blades closer to each other and bring your head back. Without moving your head, make 3 very deep ujjayi breaths, feeling the stretching in the thyroid area, as you exhale. Now circulate the energy to your nose and then to your **thyroids**. Carefully lower your back and head, then relax your neck letting your head roll gently from one side to the other 3 times.

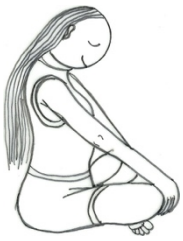
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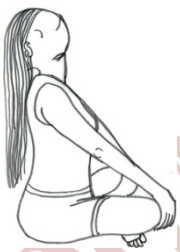




9d - Stay on your back, with your legs stretched. Your feet must be flexed, with your toes spread. Raise your head (not your shoulders), look at your feet, leaning your chin on the chest (jalandhara-bandha) and hold the position.
Take 3 very deep ujjayi breaths, feeling the pression on your thyroids area.
To circulate the energy, interlace your fingers behind your neck, supporting your head. Relax your throat and circulate the energy to your nose, and as you exhale, to your thyroids.

If you have any problems in the cervical vertebrae, you can do the entire exercise with your hands behind your neck but keep your elbows apart not to interfere with the breathing (which should be high Ujjayi).





Exercise 10 - For thyroids with Bandha Traya

Initial position: sitting with a straight back.
Put the tip of your tongue on your soft palate and concentrate on the tip of your nose. Inhale and retain the air. Make **jalandhara bandha** putting your chin on your sternum. Expand your chest sucking the abdomen (uddhiyana bandha) and do **moolabandha**; then, count to three, change the focus of concentration to your throat and exhale slowly while moving your head to the back, extending your throat. With empty lungs, do **Uddhiyana bandha** (elevating your thorax, promoting abdominal suction). This also promotes suction of the thyroid. Keep Uddhiyana Bandha for as long as you can and then inhale slowly and repeat this whole technique two more times.

Exercise 11 - Surya Bhedana K.D. - in a stretching position

We have two kinds of energy flowing through each nostril: the left (soothing) and right (activating),

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balancing the metabolism. So, we'll breath only through the right nostril - Surya activating energy.

Left side of the body:

Initial position: lying on your back.
Now prepare the stretching of the left side of your body. Stretch the whole body with your arms and feet extended.





Attention now: keep the stretching on your left side. Keep your left arm stretched during the exercise. Bend the legs, pass your left foot under your right leg, and pull your left foot next to your hip, increasing the stretching on the left side.
Now prop your right foot on your left knee, to keep it in its position. Your left arm remains as it is, keeping the stretched position.



With the middle finger of your right hand make a hook and close your left nostril. In this stretched position make 7 bastrikas (inhale and exhale always by your right nostril) drawing your navel in while exhaling.



Now hold your left wrist with your right hand, increasing the stretching and circulate the energy, sending it to the tip of your nose and then to your **left ovary**.
Do a **Uddhiyana Bandha** (abdominal suction): relax your arms. Inhale, then exhale completely and, with empty lungs, stretch your arms fully raising your ribs and feeling your abdomen being sucked in.
Hold it for as long as you can and then lower the thorax and let the air flow smoothly into your lungs.



Right side of the body

Repeat stretching the right side, but with one difference: with the middle finger of your left hand, close the same left nostril. That's right – you're going

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to close your left nostril because we're using only the activating energy of your right nostril. Do 7 bastrikas and circulate the energy to the tip of your nose and to your **right ovary**, then do the **Uddhiyana Bandha.**

Exercise 12 – Dynamic Viparita

Viparita is one of the yoga inverted postures and will be done in its dynamic form. The ideal permanence is 5 minutes altogether, therefore repeat the exercises until you finish your time in the inverted posture.



Initial position: lying down on your back.
Inhaling, raise your legs, then your hips, supported by your hands. This position is called viparita (but attention: this viparita is different from the classic Hatha-Yoga viparita because you're going to place your thumbs at the front of your hip bone, at the waist level, to offer resistance to the bastrika, with the purpose of better massaging your ovaries). Your legs must be nearly vertical. Relax your neck and throat. Holding the position, we'll make 6 exercises: 12a, 12b, 12c, 12d, 12e and 12f. In these 6 exercises we're going to send energy always to the tip of your nose and then to your **thyroids and hypophysis**, that is: throat and center of the head.



12a - In viparita, bend your left leg, put the foot on your right knee. Your left knee should stay close to the left side of your face. Keeping the position, make 7 bastrikas K.D. and circulate the energy to your **thyroids and hypophysis**.
Then repeat bending your right leg and circulate the energy once more to your **thyroids and hypophysis.**

12b - Extend your legs and do 7 bastrikas K.D., moving alternately only your feet: exhale while bringing your right foot towards your face, and inhale

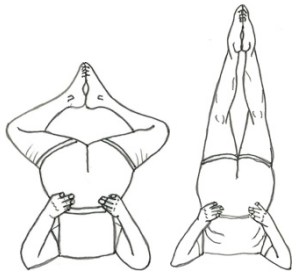
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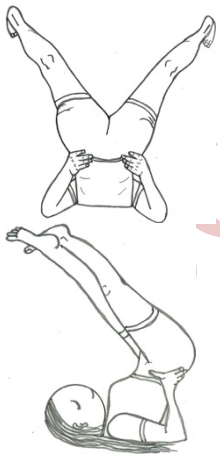
while the left foot points down, that is, one foot points to the roof as the other points to your face.
Do 7 bastrikas K.D., circulate the energy to your nose and while exhaling, to your **throat, and to the hypophysis.**
Repeat more 7 bastrikas, beginning with the other foot.



12c - In viparita, with legs extended, spread your legs in a V, without leaning to the front. Attention: **relax completely perineum and anus**. Without moving your legs make 7 **very strong** bastrikas K.D., feeling the movement of your perineal area moving in each exhalation.
After that circulate the energy to your nose and then to your **thyroids and hypophysis**.



12d - Still in viparita, bend your knees and keep the sole of your feet together.
While inhaling stretch your legs and exhaling bend your knees and bring your heels near your perineum. Circulate the energy to your **thyroids and hypophysis.**



12e - In viparita, with legs extended and crossed. Make scissors movements combined with 7 bastrikas (inhale moving your legs to the sides, exhale first crossing your left leg in front of your right one, continue alternating legs (once left in front, then right in front) when you finish, keep your ankles crossed (left in front from the right) and circulate energy to your **thyroids and hypophysis**. Repeat the same exercise now starting with scissors movements with your right foot crossed in front of the other.

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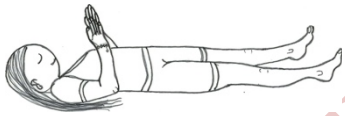


12f - Continue in viparita, with legs extended and joined. Inhale and do a firm contraction of your **pelvic floor, including the movement to close your urethra**, as if you were holding in your pee. Keep the contraction while you count 1 and 2 and 3 and 4 and 5, then relax your perineal area.
This exercise corrects urinary incontinence. Repeat four more times.
Afterwards circulate the energy to the tip of your nose, then to your **throat and hypophysis.**

If you have difficulties staying in Viparita, do not improvise. Talk to your teacher to adapt the exercise.

Exercise 13 – Yoga Nidra for the Harmonization of energy for ovaries, thyroids, and hypophysis

You activated your energy and sent it to the whole of your body and especially to the hypophysis, thyroids and ovaries.
Now we're going to harmonize this energy.
This exercise is also good against insomnia when done in bed ready to go to sleep.





Initial position: laying on you back relaxed with your feet to the sides.
Rub your hands 36 times with your fingers together, making a stronger pressure with the middle fingers against each other. Put them over your ovaries to increase the energization. Don't contract your shoulders.
Now we start **Yoga Nidra**:
Concentrate now on your **left foot** as if you were looking at it. Imagine that there is a little bright star full of prana on your left foot.
Inhale very slowly, only a bit of air, feeling the energy coming in through your foot, bringing it to the **left knee** (bright), goes up your thigh to your **left ovary** (bright), then to the **thyroid**, (in your throat region) and exhale, concentrating in the **center of your head** (hypophysis).

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Feel the energy expanding within your head, as a white scintillating light. Inhale once more, joining together all the energy in one bright dot at the center of your head and then exhale slowly through your right side **cleaning the nadis of your right leg.** The impurities go out through your toes.
Coming back, inhale focusing on the same right foot, **right knee** (bright), **right ovary** (bright), **thyroids** (bright) and exhale focusing on the **center of your head** (hypophysis bright, healthy and active). Inhale, concentrating all this energy in one single point in the **center of your head** and exhale focusing on your thyroids, left ovary and left foot, **cleaning the nadis of your left leg**, the impurities go out through your left toes.
Repeat at least 3 times.

Exercise 14 - Harmonization of energy for the 7 chacras and adrenals

This exercise revitalizes the spine and balances the energy of the main *chakras* as they are rooted along the spine. This exercise must be done following the one before.



The two centers are: **Ajna chakra**, (the root of which is in the center of the head) and mooladhara chakra (perineal area). Ajna is the center of the mind, the reasoning, it represents the individual. **Mooladhara**, in the reproductive system region, represents the species. You're going to make the energy circulate through your spine from one pole to the other and in the end, concentrate your attention on sahasrara (top of your head) and exhale imagining your whole body involved in prana.

Initial position: keep the relaxation, flex your knees leaving them together with your feet apart (30cm). Relax your arms at the sides of your body, slightly apart. Keep your hands over your ovaries.

1 - Concentrate on your *Ajna Chakra*, imagine a white light above this point, inhale slowly taking this

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light inside your head and exhale slowly feeling a star of bright light expanding inside your head - which represents the **individual center**. For a few seconds, feel the energy vibrating on your brain.

2 - Now inhale, gathering this energy in one single point, change your concentration to the pelvic floor, and exhale, feeling that this energy goes down your spine, cleaning the **Shushumna** - the most important *Nadi*, all the way to the perineal area (*Mooladhara Chakra*, in the reproductive system region, which represents the **species center.** Feel each one of these areas vibrating with prana.

Once more inhale, gathering the energy in one point (in your perineal area) and exhale, sending it through your spine to the center of your head. Feel the light going up your spine bringing health and expanding inside your **individual center.** Repeat at least 3 times - sending energy from one pole to the other through your spine and then send the bright energy to the center of your head.

Finish concentrating in sahasrara - the crown chakra, inhale gathering the energy in one single point at the top of the head and exhale, feeling energy expanding and covering your whole body.

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General instructions:
1 - After you have memorized the complete sequence of exercises, it will take you about 30 minutes to complete.
2 - To get results more quickly, practice the whole sequence every day.
3 - Fill in the questionnaire every month and write down how many days you've practiced. After 30 days of practice at least 4 days a week, your overall symptoms will decrease in about 50%.
4 - It is also suggested that, after 4 months of practice, you undergo a new blood test of estradiol to check your results, as normally there is a 254% increase on the hormonal level after this time.

Extra exercise - Slimming Pranayama

You don't have to do this exercise daily as part of the series as it is time consuming, but if you want these specific results, practice and record the results.
To lose weight or lower cholesterol, practice this breath for 15 minutes twice a day.
Sitting upright, hands on your knees in medium Jnani Mudra (nail of your index finger in the middle of your thumb).



Inhale counting 1-2-3
Hold the air 1-2-3
Exhale counting 1-2-3-4-5-6
Hold without air 1-2-3-4-5-6

If you have high blood pressure, do not hold the air with full lungs in this breathing technique. Do this instead:
Inhale in 3
Exhale in 6
Hold without air 6

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4 - Anti-stress *Pranayamas*

One of the most effective ways to attain the position of the observer is a daily practice of pranayamas. They have a calming effect and bring harmony to our emotional reactions. We will use only 3 types:

1 - Calming *pranayama*

Initial position: sitting in an upright position. Hands in closed *jnani mudra* (the nail of your index finger touches the root of your thumb).
Relax your jaw, close your eyes, and to prepare yourself, observe your natural breathing several times: a little bit of air going in... and out... of your lungs.
Now do 12 **calming breaths:**
Inhale counting 1-2-3 and exhale counting 1-2-3-4-5-6.

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It is easy and very efficient.



2 - *Nadi shodhana* or *Sukha-Purvak* (balances the neuro-vegetative system)

Initial position: seating in an upright position.
Rest the left hand on the left knee (closed jnani mudra). Fold the index and medium fingers on the palm of your right hand.
The thumb and ring fingers are going to work as tweezers, pressing alternately the right or the left nostril.
Begin by pressing your right nostril and inhale though your left nostril. Then press your left nostril and exhale through your right one.
Inhale through the same right nostril and exhale through the left, and so on. At the end of this pranayama exhale through your left nostril.
Repeat it as many times as you wish.



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3 - *Samavritti*. Breathing in 4 phases

Begin in the correct sitting position for pranayama. Rest both hands on your knees in closed jnani mudra.



Inhale counting 1-2-3-4
Hold 1-2-3-4
Exhale 1-2-3-4
Hold without air 1-2-3-4

Persons with cardiovascular disorders or hypertension should not do the retention with full lungs.

To avoid stress, practice one of the calming pranayamas daily for 5 minutes before going to bed, followed by one or two of the anti-stress exercises.

5. Anti-stress exercises

1 - *So-ham* (calming)

Sit in Vajrasana (on your knees, spine upright). It can also be done in *Sukasana* (crossed legs) or sitting on a stool.
Do close *jnani mudra* with both hands (index-finger nail touching the joint at the base of your thumbs).
Stretch your arms in front of the body, palms facing up.



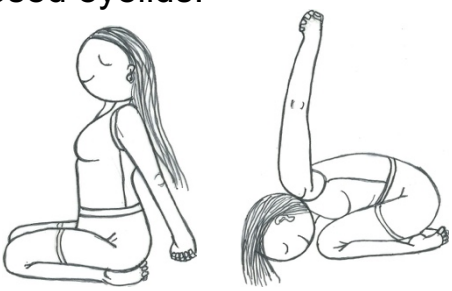
When you start one arm is up and the other down diagonally on a 45 degrees slope. Inhale and start to exhale, chanting **SO, without moving your arms**. Continue chanting **HAM as you alternate the arms position controlling the movement** so they finish at the same time.
Chant the mantra loud and clear.

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Keep chanting and alternating the arm for as long as you wish.
Feel the energy entering through your arms. To end the exercise, bring down the arm that is raised.

2 - Peace of mind (Buddhist technique)

Sit on your heels (if you can't, sit with legs crossed with your back straight). Fingers interlaced behind your back, with arms stretched, expanding your chest. Semi closed eyelids.



Observe your natural breathing and don't interfere. Start counting your breaths **moving the body:**

1 - Inhaling, lowering your trunk and raising your arms.
2 - exhaling, raising your trunk and lowering your arms.
Count till 10, with no haste, natural and tranquil breaths.
After counting up to 10, do it again, but this time **without movement:**
Inhale 1
Exhale 2, inhale 3 and so on up to 10.
If you lose track, restart from 1.
Continue alternating counts **with movement** and counts **without movement**. This exercise may be repeated as many times as you wish, but remember that this is a **concentration** exercise, so pay attention and try not to make mistakes.

3 - Chandra-bedhana

Sit with your spine upright, closed jnani mudra on both hands: (the nail of index-finger touching the base of your thumb). Your other fingers stretched together. Rest your left hand on your left knee or on your thigh, palm facing up.
Chandra bedhana is a pranayama in which you inhale and exhale slowly, using only your **left nostril**. For this you close the right nostril with your right thumb (keeping it in jnani mudra). Your concentration should be at the left side of your brain, 5 cm above and to the left of your head. This is the area where the *Chandra* light abides.

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Breathe peacefully, taking time while exhaling. Inhale 1 2 3 and exhale 1 2 3 4 5 6. Proceed with the exercise until you feel calm.



4 - om namah-shivaya - The mantra of transformation

We'll transform stress into calmness and emotional balance.

Initial position: sitting in an upright position. Hands on your knees, closed jnani mudra. While in this position inhale and chant the mantra with great interiorization, feeling its vibration:



OM M M M M M M M NAMAH SHI very long, feeling vibration in your brain… **DO** musical tone

VAA…in **LA**
vibration in your anahata. (above your heart)

YAAAA vibration in your brain once agian… **DO** again

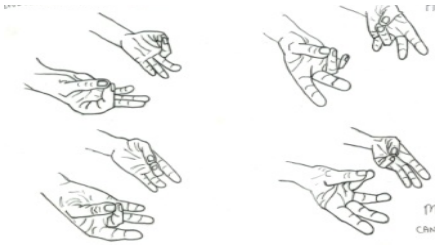
Repeat several times, **paying attention to where it vibrates.**

5 - Ocean of peace

Sit in sukasana, (crossed legs, spine upright), hands resting on your knees, palms facing up. It's important that you feel comfortable with your spine upright, if you need it, sit on a cushion.

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Let's chant a mantra of (peace and happiness) divine nectar: AM - RI - TZA.

Pronouncing the RI with the tip of the tongue vibrating near the front teeth, while the TZA should be hissed.

Following the mantra syllables your thumbs touch the pulps of your index-finger, middle and ring fingers 3 times: AM RI TZA, AM RI TZA, AM RI TZA

Now begin by touching your middle, ring and little fingers, 3 times, while chanting AM RI TZA.

And then, touch once more your index-finger, middle and ring fingers and so on. Begin by chanting the mantra in your normal tone, then proceed lowering your voice until chanting only mentally and moving your fingers.
Take your time. Allow your mind to plunge into this ocean of peace and bliss.

Amritza means divine nectar that is an indescribable feeling of pleasure.

6 - By the golden lake
This exercise is done with music. Choose one with a lot of rhythm.

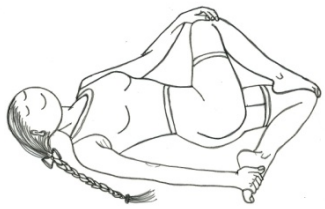
Sit in sukasana, semi closed eyelids. Rest your relaxed hands on your knees, palms facing up and do these Mudras:
On the left hand - your thumb lightly touches the ring finger (**surya mudra**).
On the right hand - your thumb lightly touches the middle finger (**shuni mudra**).

Relax, pay attention at your internal senses and feel the vibratory effect of the music, noticing in which points of your body it vibrates.
Remain in this position a few minutes as you listen to the music focusing inwards. Take your time. When you are sure you felt a vibration in or on your body, take a deep breath and gently open your eyes.

7 - Relaxation K. D.

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Besides bringing calm, this exercise is beneficial to your spine and activates adrenal and pancreatic glands.
Lying down on your back, bend both legs, bring your left foot under the right leg and hold it with your right hand. Your right foot rests on your left knee. Put your left hand on your right knee, doing a soft torsion, bringing your knee towards the ground. Relax and, if you can, allow your knee to get closer and closer to the ground. Your face will be looking up and both shoulder-blades rest on the floor.

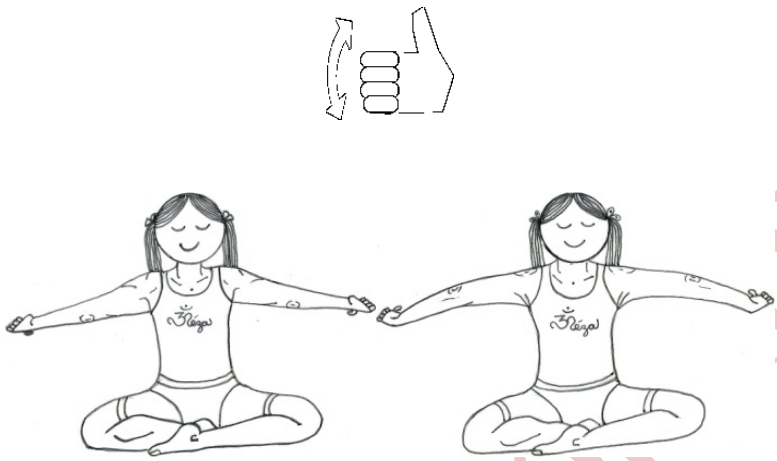


Now we'll practice **Yoga-Nidra**:
Visualize light in each of the points you hear.
Concentrate on your left hand and imagine that there is bright light on it.
Inhale slowly carrying the energy through your arm going up to your thyroids, where it shines. Exhale carrying the energy through your right arm to your left foot, left knee and to your right leg and then back to your left hand (which rests on your right knee).
Repeat the circle several times and finish when the light gets back to your left hand.
Now return to the starting position, undoing slowly the twisting in your spine. Repeat on the other side, keeping the circuit counterclockwise.
Inhale, starting with the imaginary light once again on your left hand, then your throat, and exhale through your right arm, left knee, left foot, right knee and right foot which is being held by your left hand.
As you breathe the light goes on to your throat and so on, as many times as you wish, and then return untwisting carefully when you finish.
Attention: the light always circulates counter-clockwise Start and finish in your left hand. If you find it difficult, ask somebody to read out loud for you the first times.
To correct scoliosis, stay longer on the side where your twist is shorter.

8 - Back and back
Initial position: **standing or sitting in sukhasana** with your spine upright aligned with your neck. Arms stretched horizontally to the sides. Bend the tip of your fingers without reaching your palms and leave your thumbs stretched.
Do 7 Bastrikas like this:
Inhaling, rotate your arms, turning your thumbs upwards to the back.

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Exhaling, turn them forward, downwards and to the back again, keeping your fingers rolled. This exercise acts on your mood, eliminating fears and insecurities.
Because HYT is a wholistic therapy, this exercise works on your shoulders and activates the hypophysis.



9 - Salt shaker

This exercise also acts on your mood, helping eliminate fear, anxiety, and negative thoughts, coming from Manipura, Anahata and Ajna Chakras. It also improves motor coordination.
Initial position: **sitting or standing in sukasana.**
Bend your left arm with the palm facing up, right below your Manipura (solar plexus), without touching it.
Bend your right arm with your hand in the same mudra as the previous exercise, flex your right arm and make repeated, quick movements as if you were throwing salt into the palm of your other hand. Keeping the rhythm of throwing salt (fast), start taking calm breaths - inhaling 1 and 2 and 3 and exhaling 1 and 2 and 3 and 4 and 5 and 6.
Repeat at least for 10 long and soothing breathings.



10 - Visualization of the moonlight - Chandra

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Sit in an upright position and hands in closed *Jnani mudra.*



Concentrate on the *Ajna Chacra,* a point between your eyebrows. Imagine you are sitting in front of a very clean lawn, recently cut and very green. Smell the recently cut grass.

In front of you there is a sandy trail that leads to the beach... it's already dark... it's night... the sky is full of stars... and the sea is dark. - You only see the white foam of the waves.... and you sit on the sand... it's warm... heated by the afternoon sun... feel the warm sand... listen to the waves....

Suddenly, over the horizon, you see a bright light... that grows more and more... it's the full moon rising... and rising in the sky... now it's glorious in front of you... shining bright... everything around you is bathed in moonlight... Chandra's light...

The moon is in front of you… Inhale slowly, imagining the moonlight entering through your forehead and then concentrating your attention in the center of your head exhale, feel the energy of Chandra vibrating within your head. Remain concentrated a few seconds in this energy of the moon Chandra.

When you need to, breath very lightly while you feel the moonlight energy rays intercrossing within your head. It's a light of peace and tranquility…

Now inhale, bringing together the whole light in one single point at the center of your head, concentrate on the top of your head (sahasrara) and exhale the light feeling the energy of moonlight covering your whole body with an extremely white light of peace and tranquility…

You can repeat several times this Yoga Nidra

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HEALTH AND LOW HORMONE SYMPTOMS QUESTIONNAIRE

Make 3 copies and send me one per month (on the 19th)

Name.....
Age.....Today's date / /
Address:.....City:
State:..... Postal Code: - Email: .....
Profession:..... Are you a Yoga teacher?
How did you hear about HYT?
Are you postmenopausal?.....[ ] If so, for how long?..... [ ]
Do you currently experience any undiagnosed abdominal pain? [ ]

Hysterectomy? ..... [ ]	
Oophorectomy? .....[ ]	Have you (had) Breast cancer? ..[ ]
Any other surgeries?.....[ ]	Diabetes? .....[ ]
Osteoporosis?..... [ ]	Osteopenia?..... [ ]
Days of practice per month… [ ]	Endometriosis ?..... [ ]
Peri-menopause?..... [ ]	Early Menopause?..... [ ]
Skipping periods?..... [ ]	Increased bleeding?..... [ ]
Kyphosis..... [ ]	Cervical vertebrae problems …. [ ]
Spinal disc herniation..... [ ]	Scoliosis..... [ ]

Lordosis..... [ ] Ovarian or uterine cysts..... [ ]
PCOS..... [ ] Mioma ..... [ ]
Infertility?..... ….. [ ] High blood pressure..... [ ]
Rhinitis..... [ ] Are you pregnant?….[ ]. want to get pregnant?... [ ]
High cholesterol..... [ ] Hyperthyroidism..... [ ]
hypothyroidism..... [ ] Tendinitis..... [ ]
Arthritis..... [ ] Using hormone replacement?..... [ ]
Uterine cyst..... [ ] Carpal tunnel syndrome ..... [ ]
paralysis in the arm [ ] or leg… [ ] Dry eyes ..... [ ]
Do you have any other health problems?.....
Do you take any medication? [ ] If so, which one(s).....
Inform if you experience any of the following symptoms, rating 0, 1, 2, 3 (3 being the strongest)
Phobias ……. [ ]
Hot flashes..... [ ] Migraine..... [ ]
Depression ..... [ ] Vaginal itch..... [ ]
Vaginal dryness..... [ ] Decreased sex drive…. [ ]
Insomnia..... [ ] Emotional instability..... [ ]
Irritability..... [ ] Angst..... [ ]
Anxiety..... [ ] Panic..... [ ]
Fatigue..... [ ] Apathy..... [ ]
Dismay..... [ ] Pain in the joints..... [ ]
Headaches..... [ ] Palpitations..... [ ]
Itchy skin..... [ ] Cold tights ..... [ ]
Red spots on the skin..... [ ] Weak sense of smell..... [ ]
Bad memory.....[ ] Slow thinking..... [ ]
Hair loss..... [ ] Dry skin..... [ ]
Weak nails..... [ ] PMS..... [ ]
Hormone tests:
Estradiol..... [ ] FSH.....[ ]
If you do not have any of these exams, leave it blank.

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Practice Log

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Mark the days of practice with a C
Mark the days without practice with a /

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Notes:

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