

Beginner Hormone balancing movement

What we mustn't do is add more load to an already overloaded system, so until balance is restored, your practice must look a little more like this:

Easy Pose / sukhasana



- ✓ Find a comfortable way for you to sit cross legged. Place something under your seat, a block, bolster, cushion if necessary. Maybe a blanket under your ankle bones. Release tension. Find stillness
- ✓ Pay attention to your breathing and slowly start to make your exhale longer than your inhale.
- ✓ Set a timer for 5-15 mins and surrender.

Forward Bend / Pashimotanasana



- ✓ With or without a strap – straighten the legs and bend forward from the hips
- ✓ Try to maintain length in the spine
- ✓ Become aware of your breathing, taking 5-10 peaceful breaths
- ✓ Repeat 3/5 times

Rabbit Pose / Sasangasna



- ✓ Start in hero pose with your bottom on your heels
- ✓ Reach around for your heels
- ✓ Tuck your chin in and start to roll the forward to the floor
- ✓ Lift the bottom as you tuck the chin in towards your knees
- ✓ The head rests comfortably on the floor (use a blanket if required)
- ✓ Take 3/5 calming breaths and slowly return placing your hands on the floor in front of you

Try these 3 poses at the beginning or end of your day to strengthen the off switch! It won't happen overnight but the switch also did not get stuck on overnight. Gradually remind your body that everything is ok.

When you are ready to move on from the above, try the full Happy Hormone Flow on my Unlimited Membership or check out the Free Membership for a sample.

FULL BODY movement is the long term goal.

Developing a movement practice including, sitting, standing, gentle inversions and backbends will engage all the organs and glands that develop & distribute hormones. A regular varying practice, completed within your current abilities, 3 times a week will show you great hormonal rewards in the long run.