

# Menstruation Sequence from Pune

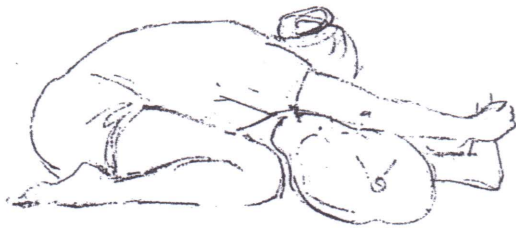
Geetaji 12 December 1997



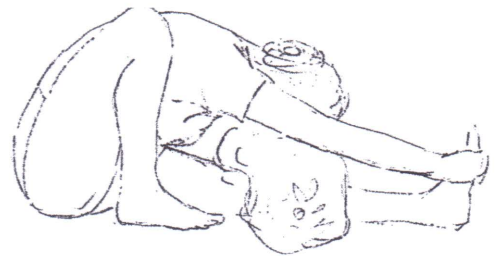
1) Janu Sirsasana  
( 2 minutes each side )



2) Ardha Baddha Padma Paschimottanasana  
( 2 minutes each side )  
(or repeat Janu Sirsasana)



3) Triang Mukhaikapada Paschimottanasana  
( 2 minutes each side )



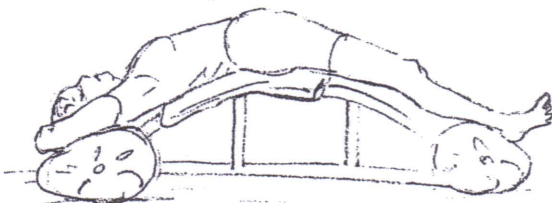
4) Marichyasana 1  
( 2 minutes each side )



5) Paschimottanasana  
( 5 minutes )



6) Upavistha Konasana  
( 2 minutes each to right, left and centre )



7) Backbender  
( 6 - 8 minutes )

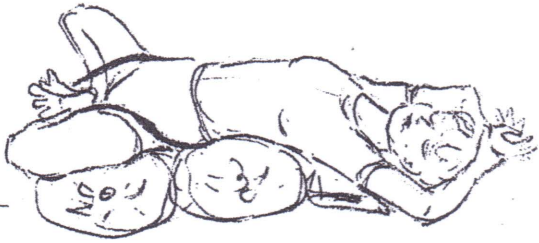
OR



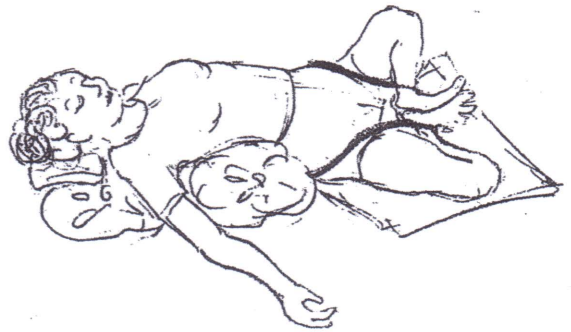
7) Cross bolsters  
( 6 - 8 minutes )

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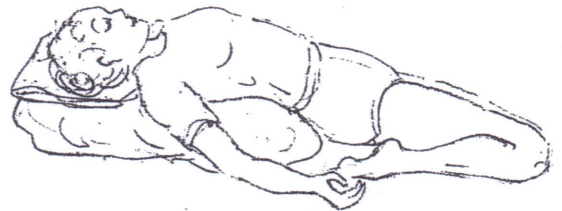
8) Baddha Konasana in Setu Bandha Sarvangasana ( 6 - 8 minutes )



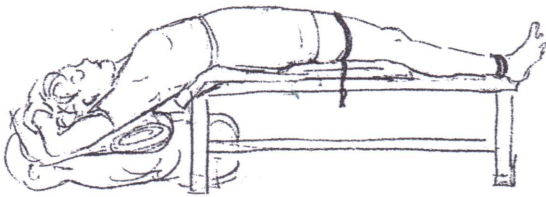
9) Supta Baddha Konasana ( 6 - 8 minutes )



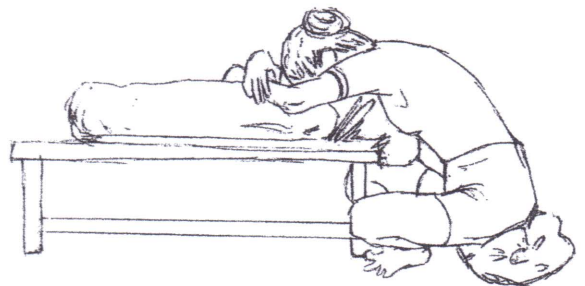
10) Supta Padmasana ( 3 - 5 minutes each side ) ( Use support behind your back, neck and/or under your legs as necessary. If full Padmasana position is not possible, put legs in half Padmasana )



11) Supta Virasana ( 6 - 8 minutes ) ( Again use supports as necessary )



12) Setu Bandha Sarvangasana ( 6 - 8 minutes )



13) Adhomukha Swastikasana



14) Savasana

Do not "pull" yourself into the poses  
Keep the abdomen soft  
Do not over exert yourself