



KALI WORKSHOP

The reason we have a special workshop for practice during our moon cycle is that our body has special needs at this cleansing and clearing time. It is important for us to be informed so we can be fully responsible for our well-being; and receive the many gifts available during this time of introspection and heightened awareness. Although teachers try to be mindful of offering options to yoginis during their cycle, they do often forget. The knowledge in this workshop **empowers** you to make the best choices for your body regardless of whether the teacher gives specific instructions or not. Some of the changes you may be aware of during your cycle include:

- Our hormones change and this has multiple effects in the body
- **Our joints can become unstable due to hormonal changes**
- We can experience low energy (as the body directs its resources to the primary job of cleansing)
- We often feel different to how we usually feel, in terms of mood, sociability, energy and so on.
- Our immune system can be a little weaker at this time
- We can be more sensitive, physically, emotionally and psychically.

The body is trying to cleanse at this time. We have an inbuilt monthly spring clean. We need to work in harmony with the body at this time. Working against the body can lead to both short term discomfort and long term disease. For example - one of the main causes of endometriosis is believed to be retrograde flow (backwards). The body is trying to rid itself of the uterine lining, but an inversion can send the blood back in - causing stagnation, putrefaction, blockages and cysts. Technically you should avoid any position where the pubic bone is higher than the hips, or the legs are raised causing the blood to flow back. Over-riding the body's natural boundary at any time is not advised, but it's especially important during our moon cycle as our body's sensitivity is increased.

Mythologically it is said it's a time women have access to the higher realms and our intuition increases.

To get in touch with this special power, we need to go inwards, and the practice is designed to be in harmony with that. Not only do we get to rest and refresh ourselves (if we honour our body's needs) but we can also be more creative at this time. Good ideas often come to us in our quiet phase.

THE PRACTICE:

The Kali Time practice is designed to help balance hormones, replenish energy, cultivate inner awareness, support the organs involved in the cycle (including reproductive organs, liver & kidneys), tune into our intuitive awareness, connect to our feminine shakti (power) and work in harmony with the body to cleanse and rejuvenate.

NO inversions, strong twists, back bends or abdominals (practise modified postures)

VARIATIONS

You are very welcome to practice the Kali time sequence in the class, just position yourself to the side and take the props you need. In fact, this is recommended for your first/second day. Just let the class continue around you. If you wish to participate in a general class, and still stay aligned with the practice, you can do so, and still honour your body with a few variations. Some suggested variations include:

STANDINGS

- Instead of Parivrtta Trikonasana – do parsvottanasana or standing twist
- Instead of Parivrtta parsvakonasana – do a lunge/groin stretch, resting on hands, or elbows as you are able.
- Instead of ½ moon or vira 3 – hands on wall/one leg up or if you are more advanced and have energy - the splits
- Instead of Prasarita Padottanasana – place your hands on the wall or a block, and keep your chest lifted

FORWARDS

Most forward bends are beneficial at this time, and you can simply add any forward bend you like into the sequence if the rest of the class is doing something you should avoid. You can also choose to stay longer in the forwards, and support your head with blankets or a bolster.

Two poses that are particularly good to include at any time, and are actually beneficial due to their tonifying effect on the liver and reproductive system meridians are Supta baddhakonasana (any version, forward, sitting, reclining, reclining with spinal roll or bolster) and Upavista konasana (even better if you rest head on a bolster and stay a bit longer - up to 20 mins). You can use either of these poses as a substitute for other postures whenever you like.

The only forward bends you might avoid are a deep ½ lotus – instead do Janu sirsasana or "number 4" pose (foot across thigh), or a deep lotus forward - do cross legs. This is due to the pressure from the heel into the lower abdomen if your pose is deep.

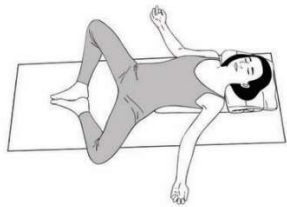
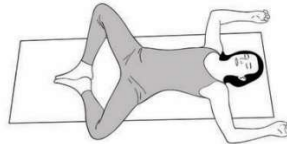


ABDOMINALS

AVOID ALL ABDOMINALS - instead choose

- Supta baddha konasana (any version). upavista konasana or sit in meditation for a few minutes, or lying down hug one knee to the chest for a few breaths, then the other.

SUPTA BADDHA KONASANA (Reclined Bound-Angle Pose)



TWISTS

Only practice gentle modified twists, focusing on the breath moving around the spine (full in the belly) and a light lifted spine. Make sure you feel comfortable and relaxed, with minimal effort and no action through the abdomen.

Here are some twists you can choose as an option.

- Swastikasana (cross legs)
- Bharavajasana 1 & 2
- Virasana
- Ardhamatsyendrasana (without crossing the top foot over the bottom knee, and hold top knee with your hand)
- Marichyasana 1

BACKBENDS

Only practice gentle supported backbends:

- Virasana (on bolsters)
- Cross formation with blankets
- Supta baddha konasana with spinal roll, bolster under spine, or block between shoulder blades.

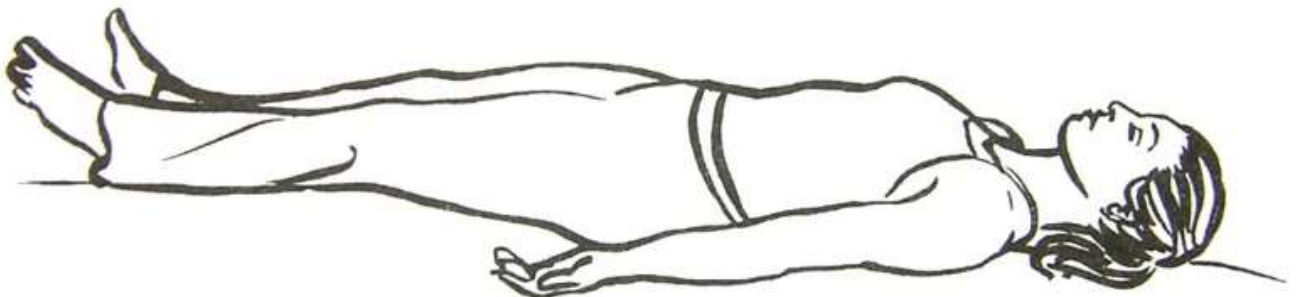


INVERSIONS

NO INVERSIONS

While the rest of the class is practising inversions - here are a few suggestions

- Adho Mukha Vrksasana (Handstand) – upavistakonasana or if you have energy - place both hands on the wall waist height, walk back until you are in an L shape with your hips over your ankles, and allow a beautiful hamstring release, and chest and armpit opener.
- Pincha Mayurasana (Forearm balance) – any forward bend, or the above alternative but with your elbows on a ledge or stool
- Sarvangasana (Shoulderstand) – setu bandhasana (can stay for all inversions, and even for savasana if you love it - up to 30 mins is fine. This posture is emotionally grounding and calming, has a similar balancing effect on the hormones as shoulderstand, and opens the chest slightly bringing energy)
- Sirsasana (Headstand) – child pose on a bolster
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