

Feminine Seasons & Cycles

I feel very strongly about reconnecting to our sacred pelvis, our pelvic floor, our moon cycle and the power we hold at our roots.

So many of us are disconnected and uneducated when it comes to our menstrual cycle and how it affects us. We have learned to silence its power and medicate it away. It has become a nuisance and mostly thought of as part of fertility in the sense of reproduction.

Now it is time to take back the power of our womb and sacred pelvis. To reconnect and celebrate it.

One way of doing this is to observe our experiences through our menstrual cycle. You can simply use a journal or a diary. An app or these sheets for inspiration to make notes of the cyclical changes in your being.

If you want to learn more please have a look at my online immersion Feminine Seasons & Cycles which you can find via my website yogaembodied.com or [here](#).

For keen yoga enthusiasts, yoga teachers or health practitioners I have written the book Teaching yoga for the menstrual cycle - an Āyurvedic perspective (published Dec 2022) with more in-depth information of the menstrual cycle, yoga and āyurveda.

Please connect with me over on instagram (I'm [anja_yogini](#)).

With warmth

Anja
yogaembodied.com

Tracking journal

This is such a simple yet extremely effective and healing practice. Even if you are not menstruating if you are hormone therapy including the Pill or HRT or menopausal.

If you are not menstruating you simply track with the moon. Note the phase of the moon and note down your feeling, energy and tendencies. If you are menstruating note down the day of your cycle as well as the actual moon phase (e.g. New moon or full moon).

Day 1 is the first day of your bleed. But you can start at any time. Today may be day 8 of your cycle and then your start at Day 8, note down the moon phase (perhaps it happens to be full moon). And then your other notes.

HERE ARE SOME JOURNAL PROMPTS:

- Day of the cycle (if you are cycling)
- Moon phase
- How is your blood if menstruating and how is your discharge/nectar if not? (Colour, smell, texture)
- Any physical symptoms? (Aches, cramps, headaches,)
- Are you feeling social or contemplative?
- How is your energy (low, high, energetic, flat, fatigued)?
- Are you feeling focused, sharp, clear or creative, dreamy and meditative?
- Note your general emotional state?
- Are you feeling sensual? How is your libido?

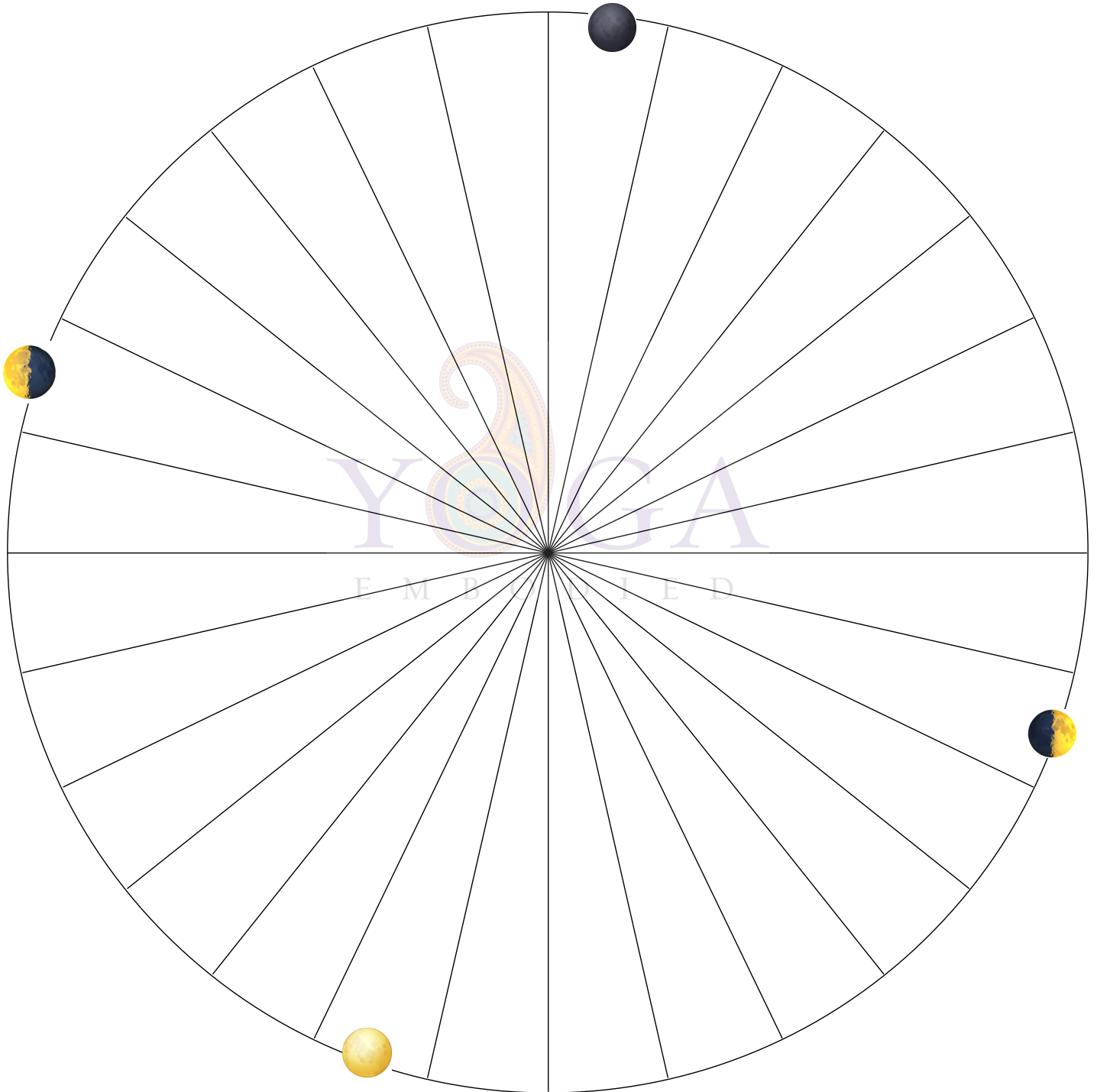
Add what you need to and feel drawn to in your own journal.

You can use either or both the charts below or simply get your own journal, an App, notes on your phone or computer or invest in a beautiful journal or diary for this purpose.

Take copies of the charts if you use them, or print out several charts so you can see how your unique patterns manifest.

lunar + menstrual tracking

Use this chart to track your cycle and the moon phases. Make notes of where you are in your cycle. How you feel physically, emotionally, mentally and energetically. Note; Day1 as the first day of bleeding. This chart has 28 segments representing the moon phases. Your menstrual cycle may be less or more so copy the chart to create space for your personal cycle.



observations + reflections:

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