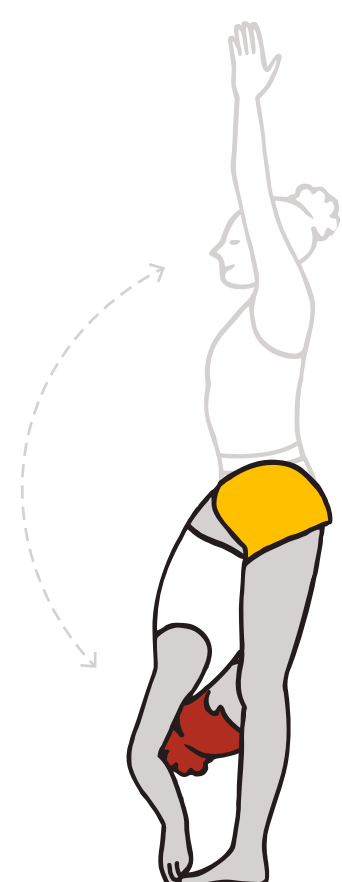


Call it what it is. **Period.**

---

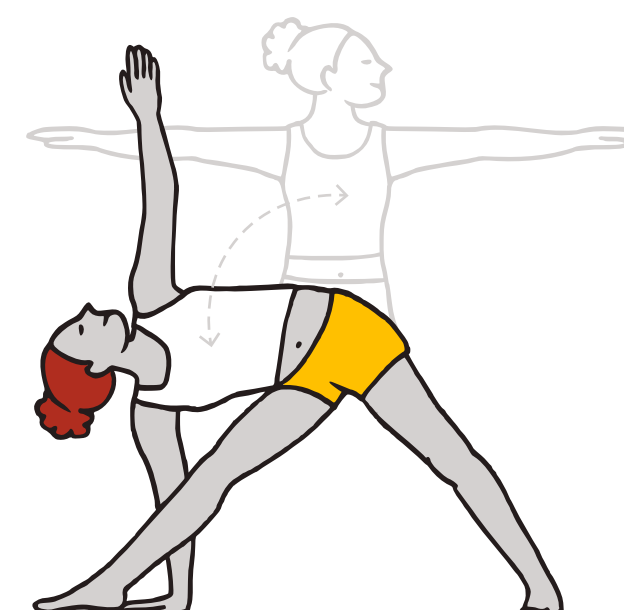
# Yoga for cramps and PMS



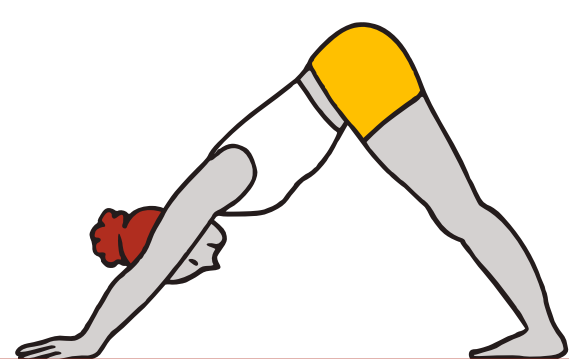
**Padangushthasana**



**Virabhadrasana**



**Utthita-Trikonasana**



**Adho-Mukha-Shvasana**



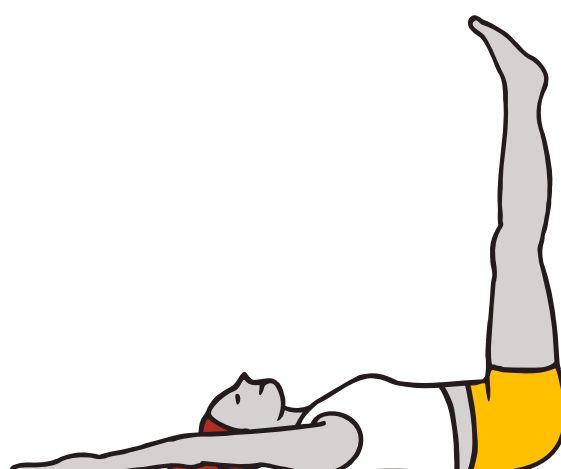
**Urdhva-Mukha-Shvasana**



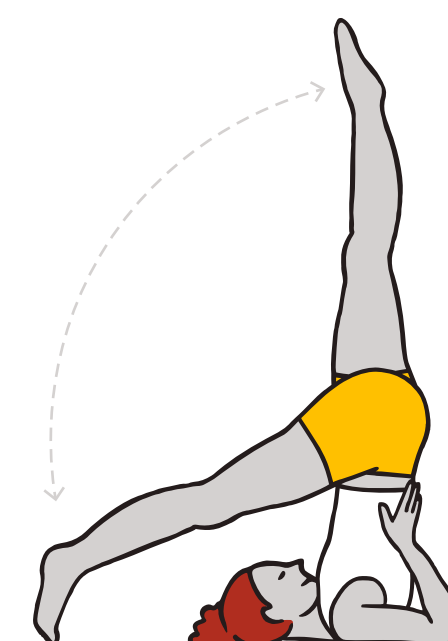
**Jathara Parivartasana**



**Supta-Virasana**



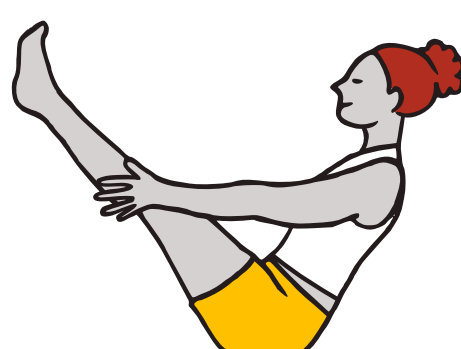
**Urdhva-Prasarita-Padasana**



**Eka-Pada-Sarvangasana**



**Maha-Mudra**



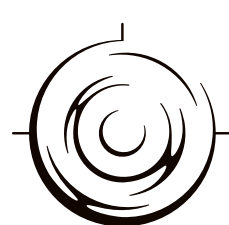
**Paripurna-Navasana**



**Siddhasana**

Call it what it is. **Period**

#SAYPERIOD



**THE WELL HQ**  
Call it what it is. **Period**

[thewell-hq.com/period](http://thewell-hq.com/period)