



## Video Transcript

### Gentle Movement For Menstrual Cramp Relief

Welcome to today's class. So we're going to be speaking about gentle movements for menstrual cramps. I am Amy Sargent and this is Gaia Goddess.

So I would like you to firstly place both hands on your womb area and

Just begin to come back to your breath,

breathing in through the nose,

exhaling through the nose.

And again, breathing in through the nose and exhaling through the nose.

You can begin to close your eyes,

allow yourself to drop into your body with each exhale.

Becoming aware of your womb area and

any tension or cramping you might be having

with each breath, just allowing the resistance to loosen a little bit more.

You might notice some tension in the lower back or in your upper thighs.

Again, we're not trying to change this. We're just allowing space into this area.

Just take a few more breaths here. Just allowing a bit more space into this

tension.

With each exhale, we're allowing our body to soften a little bit more.

And then slowly and very intentionally, We're going to come into a tabletop position.

So hands stacked under shoulders and knees under hips.

And again, you can just close your eyes here. Just notice any tension and

just take a few deep breaths. You can use your nose or your mouth to exhale it's

up to you whatever feels the most nourishing as you do this as you inhale you're

going to arch your back bring your head up and again just feel that stretch in the

lower back and then you're going to round your back bring your head down as you

exhale through your nose or mouth  
and allowing space into this area.

Again, we're not trying to change anything. The more we try and change things,  
the more resistance we have.

This is about creating space,  
kindness and acceptance.

It's just moving with the breath,  
closing your eyes, if you choose.

And then from here, if you want to, you can just begin to move a little bit side  
to side or you can move the shoulders up and down a bit more if you want to  
notice where there's tension and just start to move your body and trust with each  
breath

Just

30 more seconds here, just moving intuitively and freely.

Allow in the cramps just to get a little bit more stretch,  
a little bit more space.

And now slowly from here, we're going to come into a supported child's pose.

So I want you to bring your pillow.

You can open your knees slightly. We're just going to really soften in,  
so allowing the tops of your feet to come down. You might notice that there's some  
real tension in your lower back as you're doing this. So being really kind,  
however you feel the pillow needs to go. You can turn it upwards,  
or you can place it flat down and just sink in.

If you want, you can place your block and you can lean over a little bit if you  
want your head further up or you can just lean it onto your pillow  
and again With every exhale, just sinking deeper into the body,  
noticing the tension and  
creating space.

The exhale allows your parasympathetic nervous system to activate,  
allowing your body to relax, allowing your muscles to soften.

Every breath just sinking deeper into the pose you  
might feel some tension in the upper thighs and just breathe into this space allow  
your breath to specifically go to this area sending love and healing

We'll just stay here for around another 20 seconds.

And now from here, just slowly and intentionally coming back up.

We're going to come into a seated forward fold. It's bringing your legs straight.

You're going to turn your pillow facing upwards. Just bring it a little bit closer  
to you. You're going to make sure that your toes are pointing upwards because we  
really want in this stretch in the back parts of our legs,  
we're going to slowly begin to lean forward. Just feel the stretch in the lower  
back and in your hamstrings.

With every exhale, we're just going to sink deeper and deeper.

Now, you might not have that much flexibility. So just wherever is comfortable for

you, wherever you feel like that tension is enough and just hold there and breathe and

if you can't stretch too far and you want to place the block up and just hold yourself here or turn it on its side and bring your head down a little bit further. Then just do that, trust your body.

This is all about intuitive movement.

I will put my block down and just sink a little bit deeper. The more you can stretch a little bit further, you'll be getting that nice stretch in the lower back which can really ease the cramps.

And something that can also be helpful as you're doing this is if you have a hot water bottle, you can place that on your lower back or at the front here just to add the heat onto the tension of the muscles and just hold here allowing that exhale to be really deep and slow releasing all the tension in your muscles

And we'll just stay here for another 20 seconds.

And now we're going to go into leaning onto our back.

So we're going to place our pillow down.

And if you have a blanket, you can either utilize it as a low or you can put it over you if you're feeling quite cold or wanting some comfort so leaning onto your back you're going to bring arms to each side turn your knees to the left and your head to the right I'm just going to hold here and feel the stretch in your side and in your back.

And you can, if it doesn't quite feel right, you can twist a little bit more or a little bit less, whatever feels comfortable for you.

And again,

just take some deep breaths,

become aware of your cramps

notice what does the sensation feel like

is it dull and pulsing

warm or tight just become aware of how it feels.

The less we resist, the easier it becomes.

And take a few more deep breath here.

And then again, slowly and intentionally, bring your knees up.

Move them over to the right. This time turning your head over to the left.

And again, the same thing, just noticing do I need to turn a little more, a little less. Just notice what does my body need to support my cramps, to support my cycle.

And with every exhale, just sinking deeper into the stretch.

And just take another few deep breaths here.

And now from here, just slowly bringing your knees up and then bringing them close to your chest. And you can wrap your hands around Or you can just keep them to the side. It's up to you. I like to wrap my hands around just to squeeze the knees in a little bit more. And then you're just going to rock from side to side.

Focusing on your breath.

This really allows you to give your lower back a nice massage when it's feeling tight. And like there's a lot of tension.

So just allowing the movement to flow with the breath as this in and of itself is a relaxing meditation.

Breathe in, move to one side.

Exhale, moving over to the other

and then just coming to the center and raising up your legs we're just going to hold here for a moment allowing the blood to flow this is an important this is an important part of healing and allowing the menstrual cramps to have some release you can hold your legs or you can just place your hands down just take a few deep breaths

And now slowly we're going to come into a reclining butterfly. So keeping yourself laying down, but you can bring if you have pillows or if you have blocks, you can just bring them beside where your knees are going to be, depending on how flexible you are or how much cramping you have in your thighs you're just going to bring your knees down and

then just hold the blocks here you can turn them up if you really don't have that much mobility in your hips or if you don't need them at all you can just remove them But remember, this isn't about stretching out really deeply.

This is about nourishing your cycle. So we're looking for comfort, not ego.

Again, you can place your hands on your womb or wherever you're feeling any tension or pain.

And focus your breath onto these areas, just allowing space

And keeping your eyes closed just to start to listen in to the body wisdom.

You can even, as you place your hands on your womb, you can ask your womb if it has anything to say to you.

I might feel strange if you've never done it before, but that's okay just trust what comes we'll

take our last few breaths here before we come into shavasana

When you're ready, moving your blocks,

bringing your legs out straight and coming into our last but most important pose.

You can place your palms facing upwards Or you can place your hands back on your womb. Just close your eyes and sink into your body.

Notice,

how does my body feel now?

Have my cramps eased?

Do they feel worse?

Is there more acceptance?

More resistance?

Just take note.  
allowing your breath to just sink a little deeper in these last few minutes.  
And you can even thank your body for showing up today,  
for validating how important your cycle is.  
you if you choose to just give yourself a well -deserved hug.  
You can stroke your arms a little bit  
and just remember how important you are, how important your body is and how much  
you deserve love and nourishment  
to take these last few breaths here thanking yourself loving yourself  
and then slowly Bring your hands back down.  
You can wiggle your toes and fingers.  
Turn over to one side.  
And when you're ready,  
just gently bringing yourself into a seated position  
There's your hands back on your womb.  
Just take one more moment just to honour your womb and your femininity.  
It is not a curse. It's a blessing when we learn how to nurture it.  
Thank you, everyone, for showing up today. I am Amy Sarjan and this is the  
wonderful Gaia goddess.  
Namaste.