



space to breathe
THERAPY

YOGA FOR HORMONE BALANCE

*Support your body. Calm your mind.
Find balance, naturally.*



HORMONES ARE POWERFUL. WHEN THEY'RE OUT OF BALANCE, EVERYTHING CAN FEEL OFF.

Mood swings, fatigue, bloating, poor sleep, low libido, anxiety, irregular cycles – they can all be signs your hormones need a little extra support.

Yoga helps regulate your nervous system, reduce stress and support the glands that influence your hormone health.



Small daily practices can create big shifts over time.



You can't control your hormones, but you can support your body and mind in staying balanced.



HOW YOGA SUPPORTS HORMONE BALANCE



Reduces stress & cortisol
Lower stress supports better balance of all hormones.



Supports reproductive health
Helps regulate the menstrual cycle and eases PMS symptoms.



Encourages thyroid function
Supports metabolism, energy and overall hormonal health.



Balances mood & emotions
Helps stabilise mood swings, irritability and anxiety.



Improves sleep quality
Better sleep supports melatonin, cortisol and growth hormones.



Supports adrenal health
Helps your body cope with stress and build resilience.



Promotes detox & circulation
Aids liver function and supports hormone clearance.



SIMPLE BREATH TO BALANCE

4-7-8 Breath



Breathe in through your nose for 4 counts



Hold for 7 counts



Breathe out through your mouth for 8 counts



Repeat 3–4 times



This breath activates your parasympathetic nervous system, reduces stress and supports hormone regulation.

GENTLE POSES TO SUPPORT HORMONE HEALTH

Move gently. Listen to your body. ♥

1



Child's Pose (Rest & Reset)

Calms the nervous system and eases stress.

2



Bound Angle Pose (Baddha Konasana)

Supports reproductive organs and improves circulation.

3



Bridge Pose (Setu Bandhasana)

Supports thyroid function and balances hormones.

4



Legs Up the Wall (Viparita Karani)

Reduces fatigue, balances cortisol and promotes rest.

5



Reclining Twist (Supta Matsyendrasana)

Supports detox, digestion and hormone balance.

6



Corpse Pose (Savasana)

Deep rest helps reset your body and hormones.



Remember

Hormonal balance isn't about perfection. It's about support, self-care and listening to what your body needs. Yoga is a daily practice of coming back to yourself.

*You are enough.
You are powerful.
You are allowed
to take care of you.* ♥



DAILY TIP

Start or end your day with 5 minutes of gentle breathing, stretching or meditation. Consistency brings balance.



UNTIL NEXT TIME, GIVE YOURSELF SPACE TO BREATHE

With love, Maggie

