

Yoga support for PCOS / PCOD

A gentle 8-pose wellbeing sequence for movement, relaxation and body awareness.

Polycystic ovary syndrome (PCOS), sometimes referred to as PCOD, can affect people in different ways. Symptoms may include irregular periods, excess androgen-related symptoms, fertility difficulties, changes in weight, acne, hair changes, fatigue and emotional strain. Movement can be one supportive part of overall care, but yoga does not treat the underlying hormonal condition and should not be presented as a way to 'balance hormones' on its own.

How yoga may fit into wider support

Regular physical activity can support general health, cardiovascular fitness, mood, sleep and metabolic wellbeing. Gentle yoga may also offer a lower-intensity option on days when energy is reduced or stress is high. The most useful movement plan is one that is sustainable, personally tolerable and appropriate alongside any medical advice or treatment.

Your 5-10 minute gentle reset

1	Easy pose	30-60 sec
2	Cat-cow	5-8 rounds
3	Child's pose	30-60 sec
4	Butterfly	30-60 sec
5	Low lunge	20-30 sec each side
6	Bridge	3-5 gentle holds
7	Supine twist	20-40 sec each side
8	Resting pose	1-3 min

Safety

Move gently and stop if you experience pain, dizziness, unusual breathlessness or feel unwell. If you are pregnant, undergoing fertility treatment, recovering from surgery or illness, or have a condition that affects exercise, ask an appropriately qualified health professional about suitable activity.

The eight poses

Comfort matters more than range or intensity.

1. Easy pose

Sit on a cushion or chair. Let the hands rest and allow the shoulders to soften. Notice several natural breaths.

2. Cat-cow

On hands and knees, or seated with hands on thighs, gently alternate between rounding and lengthening the spine. Keep the movement comfortable.

3. Child's pose

Move the hips back from hands and knees only as far as feels comfortable. Support the chest or head with cushions. A seated supported forward rest is an alternative.

4. Butterfly

Sit with the soles of the feet loosely together. Support the knees with cushions if needed. Stay upright or lean forward only slightly.

5. Low lunge

From kneeling, step one foot forward and keep the back knee supported. Shift gently forward without forcing the hip. Use a chair or blocks for balance.

6. Bridge

Lie on the back with knees bent and feet supported. If comfortable, gently lift the hips a small amount, then lower slowly. Skip this if it causes back or pelvic discomfort.

7. Supine twist

Lie on the back and allow bent knees to move gently to one side while keeping the movement small and comfortable. Return to centre and repeat on the other side.

8. Resting pose

Lie down or recline with cushions supporting the knees and head. Let the body be supported and stay for a few natural breaths.

Living with PCOS

Support should address the whole person, not just symptoms or weight.

Energy, stress and self-expectations

PCOS can affect physical and emotional wellbeing, and symptoms may fluctuate. A movement routine that feels manageable one week may feel demanding another. Adjusting duration and intensity is not failure; it is responsive self-care.

Movement without punishment

Exercise does not need to be used to compensate for food or to force weight change. Walking, strength work, cycling, swimming, yoga and other forms of movement can all contribute to health. Choose forms that are accessible and sustainable. If body image, eating difficulties or exercise pressure are becoming distressing, additional psychological or nutritional support may be helpful.

Sleep and nervous-system support

Poor sleep and ongoing stress can make daily symptoms harder to manage. A short yoga routine may be useful as a transition into rest, but it is only one option. Regular routines, sensory comfort, appropriate medical treatment and reducing unnecessary demands may all matter.

A body check-in

Before: What is my energy today? Am I moving because it feels supportive or because I feel I have to? Is there pain, bleeding, dizziness or fatigue I need to respect?

After: Do I feel more comfortable, the same, or less comfortable? Which movement would I keep or change next time?

Supporting yourself beyond yoga

PCOS management may include medical assessment, medication where appropriate, fertility support, nutrition advice, physical activity and emotional support. Care should be individualised. If symptoms are changing, severe or affecting quality of life, speak with your GP or relevant specialist.

Reflection, evidence & further support

Use the tracker to notice patterns rather than to judge yourself.

Day	Movement / pose	Energy before	After	What I noticed
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Evidence and sources

Useful evidence-based sources include NHS information on polycystic ovary syndrome, NICE Clinical Knowledge Summaries relating to PCOS, and international evidence-based guidance for assessment and management of PCOS. These sources support lifestyle and physical-activity approaches as part of broader individualised care. Evidence specifically for yoga in PCOS is still developing, so claims that particular poses directly correct hormone levels should be treated cautiously.

When to seek medical advice

Seek medical advice if you have concerns about irregular or absent periods, fertility, significant pelvic pain, unusual or heavy bleeding, new or worsening symptoms, or metabolic health. A clinician can assess whether symptoms are related to PCOS or another condition and discuss appropriate investigations and treatment.

A message from Maggie

Living with a condition that can affect hormones, energy, body image and fertility can bring pressures that are not always visible to other people. This yoga resource is not about fixing your body. It is simply a gentle option for movement and a few minutes of space. Adapt it, leave poses out, and let your body set the pace.

Space to Breathe Therapy - Educational wellbeing resource; not medical treatment.