

Yoga for Hormone Balance

Support your body. Calm your mind. Find a steadier rhythm.

Hormones influence many body systems, and hormonal changes can coincide with shifts in mood, sleep, energy, temperature regulation, menstrual symptoms and general wellbeing. Yoga cannot directly 'balance' hormones or treat an endocrine condition, but gentle movement, relaxation and stress-management practices may support overall wellbeing alongside appropriate healthcare.

Start with what your body is experiencing

There is no single yoga routine that is right for every hormonal concern. Menstrual changes, perimenopause, menopause, PCOS, thyroid conditions and other endocrine problems have different causes and treatment needs. Use this practice for comfort and regulation rather than as a substitute for diagnosis or treatment.

Six gentle poses

1	Child's Pose	Rest & settle
2	Bound Angle Pose	Supported opening
3	Bridge Pose	Gentle movement
4	Legs Up the Wall	Rest & restore
5	Reclining Twist	Ease tension
6	Resting Pose	Integrate & rest

Breathing gently

Keep the breath comfortable and natural. A longer out-breath can feel settling for some people, but fixed breath holds are not necessary. If breathwork causes dizziness, air hunger or anxiety, return to normal breathing.

When symptoms need checking

Seek appropriate medical advice for persistent or significant changes such as very heavy or unusual bleeding, new pelvic pain, unexplained weight change, marked palpitations, persistent fatigue, significant heat or cold intolerance, fertility concerns, or symptoms that are affecting daily life.

The six poses

Use props and a smaller range whenever that makes the practice more comfortable.

1. Child's Pose

Support the torso with cushions or use a chair. Choose a seated alternative if folding forward feels uncomfortable or restrictive.

2. Bound Angle Pose

Sit on a cushion or chair and allow the knees to rest on supports. There is no need to press the knees down or create a strong stretch.

3. Bridge Pose

Use a small, comfortable lift if appropriate for you, or choose a supported bridge with suitable props. Avoid straining the neck or lower back.

4. Legs Up the Wall

Support the legs on a wall, sofa or chair. Adjust the upper body with cushions. This is a resting position, not a circulation or hormone 'detox'.

5. Reclining Twist

Keep the knees supported and the movement small. Stay only while the position feels easy and comfortable.

6. Resting Pose

Lie, recline or rest on your side. Add blankets or cushions. Let the final position be about reducing effort rather than achieving a particular shape.

During menstruation or a symptom flare

There is no universal rule that certain poses must be avoided during menstruation. Let symptoms guide you. On days with pain, heavy bleeding, dizziness, migraine or exhaustion, a shorter and more supported practice—or rest—may be more appropriate.

Hormonal wellbeing: the bigger picture

Supportive habits can help wellbeing without promising to correct hormone levels.

Stress

Stress can influence sleep, appetite, tension, energy and how symptoms are experienced. Relaxation and movement may help with stress management, but claims that yoga reliably lowers cortisol enough to correct a hormonal disorder go beyond what a general wellbeing guide can promise.

Sleep

Hormonal transitions can disrupt sleep. A consistent wind-down routine, reduced stimulation, comfortable room temperature and gentle evening movement may be useful. Persistent sleep problems deserve individual support.

Mood and emotions

Hormonal changes can coincide with irritability, anxiety, low mood or emotional sensitivity. These experiences are real, but they should not automatically be dismissed as 'just hormones'. Seek help when mood changes are severe, persistent or difficult to manage.

Food and movement

Regular nourishment and movement can support general health, but restrictive diets, supplements or intense exercise are not automatically solutions for hormonal symptoms. Individual medical and nutritional advice may be important for diagnosed endocrine conditions.

Track patterns, not perfection

A simple symptom record can help you notice relationships between sleep, cycle stage if relevant, stress, energy and symptoms. It can also provide useful information to discuss with a healthcare professional.

Hormone wellbeing tracker

Use only the columns that are relevant to you.

Day	Energy /10	Sleep	Symptoms / mood	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reflection prompts

What symptoms are most noticeable at the moment? Are there patterns around sleep, stress or my cycle if relevant? Which forms of movement feel supportive rather than draining? What would I like to discuss with my GP or another healthcare professional?

A message from Maggie

When your body feels unpredictable, it can be tempting to search for one thing that will put everything back into balance. You deserve information that does not make unrealistic promises. Gentle yoga can be one way to care for yourself while you listen to your body and get the right support for what is actually happening.

Evidence-informed note

Yoga and other mind-body practices may support stress, sleep and quality of life for some people. Evidence varies by condition, and yoga has not been established as a treatment that directly normalises hormone levels. Diagnosed or suspected hormonal conditions should receive appropriate clinical assessment.

Space to Breathe Therapy — educational wellbeing resource; not medical treatment.