



KAIUT YOGA

# YOGA FOR WOMEN



MARCH 2022



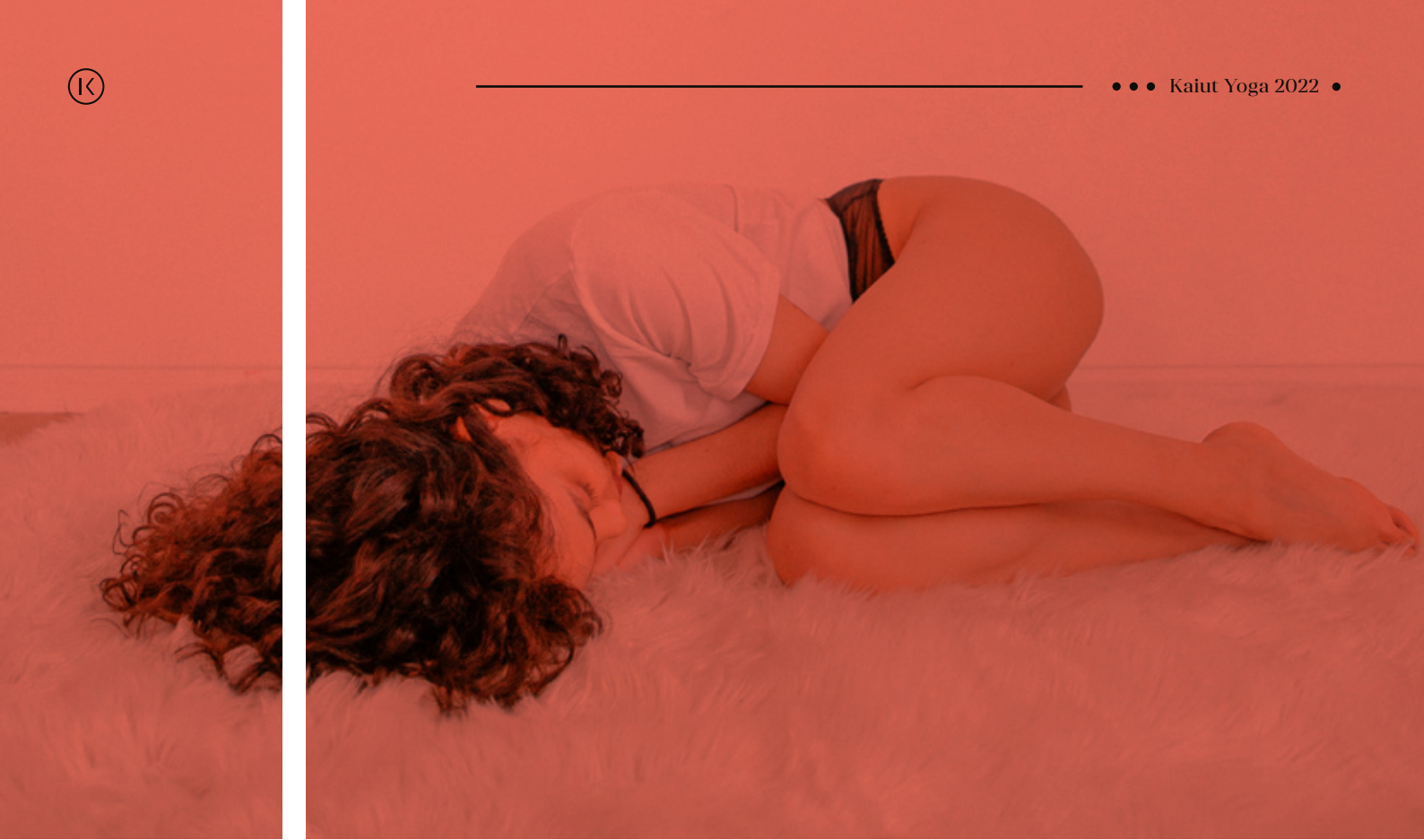


# ***Yoga has a*** **TANGIBLE IMPACT** ***on the female body.***

In the Kaiut Yoga Method, the classes are designed and developed from the idea of human beings, to give results to people.

*Yoga has a tangible impact on the female body.*

Today, we have numerous researches and books about women's health and yoga, besides specific topics about the female internal system and women's hormonal life.



Women have internal flows that shifts more than men, due to all the hormonal variation.

*These cycles cause physical and emotional changes.*

Women go through major hormonal changes during their lives, which directly reflect on their body and health. Different stages of life generate different needs and care, starting with the beginning of fertile life, going through pregnancy, pre-menopause and menopause.



Women who practice yoga have the greatest drop in their cortisol levels throughout the day, which indicates that yoga *has the ability to help regulate their hormones.*

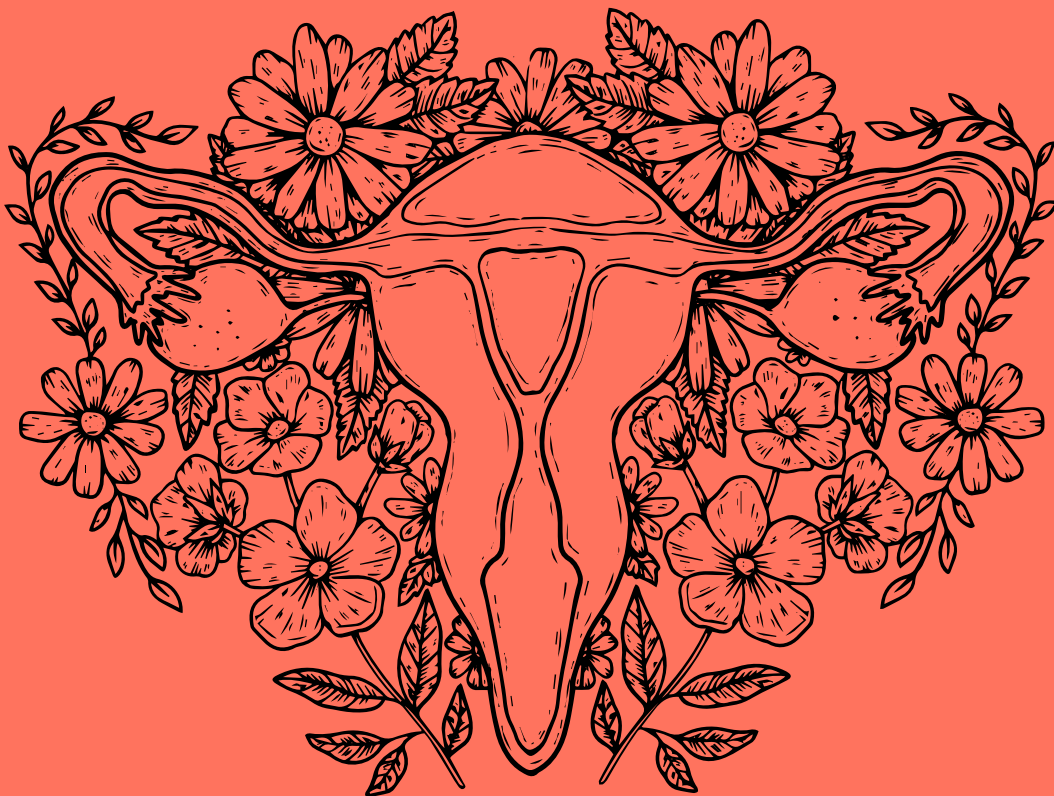
*Source: Journal of Clinical Oncology*

The positions help to regulate the function of the hormones, balancing the endocrine system, and also calming the nervous system.

*Regular yoga practice can also help women strengthen the pelvic floor muscles that support the bladder.*

A flaccid or unstrengthened pelvic floor can result in health problems such as urinary incontinence, a drooping bladder and, for pregnant women, perineal lacerations, besides structural problems.

The asanas, such as Baddha Konasana, besides relieving cramps, they help in the mobility of the hip joints and relieves tension in the quadriceps, knees and ankles.





THE POWER OF  
**YOGA**  
*in pregnancy*

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*During pregnancy, women are susceptible to several factors that generate recurrent stress.*

Anxiety and depression are recurrent emotional responses in the gestational period, and tend to negatively affect the healthy progression of pregnancy.

Clinical studies indicate that **practicing yoga during pregnancy significantly reduces maternal cortisol levels.**

*Source: Complementary Therapies in Clinical Practice*

From the perspective of physical health, **the improvement in discomfort and lower back pain,** considered physical stressors, the reduction of labor pain and its duration, were also results related to the practice of yoga during pregnancy.

*Source: Complementary Therapies in Clinical Practice*

**Meditation during pregnancy can be a way to reconnect body and mind, making pregnancy more peaceful,** reducing the chances of depression and anxiety.

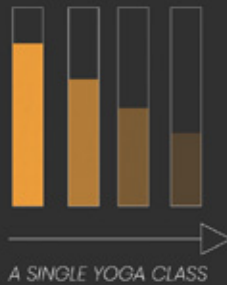






Researchers at the University of Manchester have calculated that

a single yoga class reduces stress hormone levels by 14%.



**Stress**

Source: Center for Fetal Health Research at the University of Manchester

Practicing yoga during pregnancy relieves stress and anxiety, **provides strength and prepares the mind and body** throughout the process.





*Breast Surgery*  
& **YOGA**



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On average, each person will undergo six surgical procedures during their lifetime, and the need for surgery is increasing.

*Source: Journal of the American College of Surgeons*

***About 1 in 8 women will develop invasive breast cancer over the course of their lifetime, making it the most common cancer in women in the United States.***





In fact, because of its physiological and psychological benefits, *research suggests that the yoga practices can actually decrease healing time and improve wound healing in surgical patients.*

Source: Europe PubMed Central

*Yoga is a powerful tool for self observation and recognition of what happens in our inner world, whether it is related to the physical body, the emotional or the thoughts, how we feel and perceives what happens on the outside, and how all this reacts to us, positively or negatively.*

That's why the Kaiut method teaches you how yoga is an amazing form of self-care and self-knowledge. *The Kaiut method works that all positions must be adaptable and that all body types can benefit from the practice in a comfortable and safe way.*



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# MENOPAUSE & YOGA



Menopause refers to that time in every woman's life when her periods stop and her ovaries lose their reproductive function. Usually, this occurs between the ages of 45 and 55, but in a few exceptional cases women may enter menopause in their 30s, or even younger.

## SLIDE 19

The menopause is influenced by hormones – or more correctly, by a change in hormone levels. **During a woman's fertile years, her ability to produce an egg each month is associated with the release of three reproductive hormones** (oestradiol, oestrone and oestriol), that are referred to, collectively, as oestrogen.

Oestrogen is mainly produced by the ovaries, although small amounts are also made by the adrenal glands and by the placenta, in pregnant women.

**The symptoms of menopause vary greatly in duration, severity and the impact for each women.**

All the common menopause symptoms are associated with a decline of estrogen production in the body.

- Hot flashes;
- Sweating;
- Sleep disturbance;
- Anxiety;
- Irritability;
- Less skin elasticity.

**Yoga can be a good alternative to help reduce menopause symptoms.** The yoga practice helps to strengthen the abdominal muscles, relieving back pain. Not to mention that yoga is a strong ally to reduce stress and anxiety.

**Studies from Harvard Health show that the practice of yoga has positive effects on psychological issues such as irritability and anxiety during menopause.** In addition, the practice reduces the appearance of hot flashes and sweating.





# content LINKS

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