

MANIPURA

*Atelier YogaThérapie*

.....

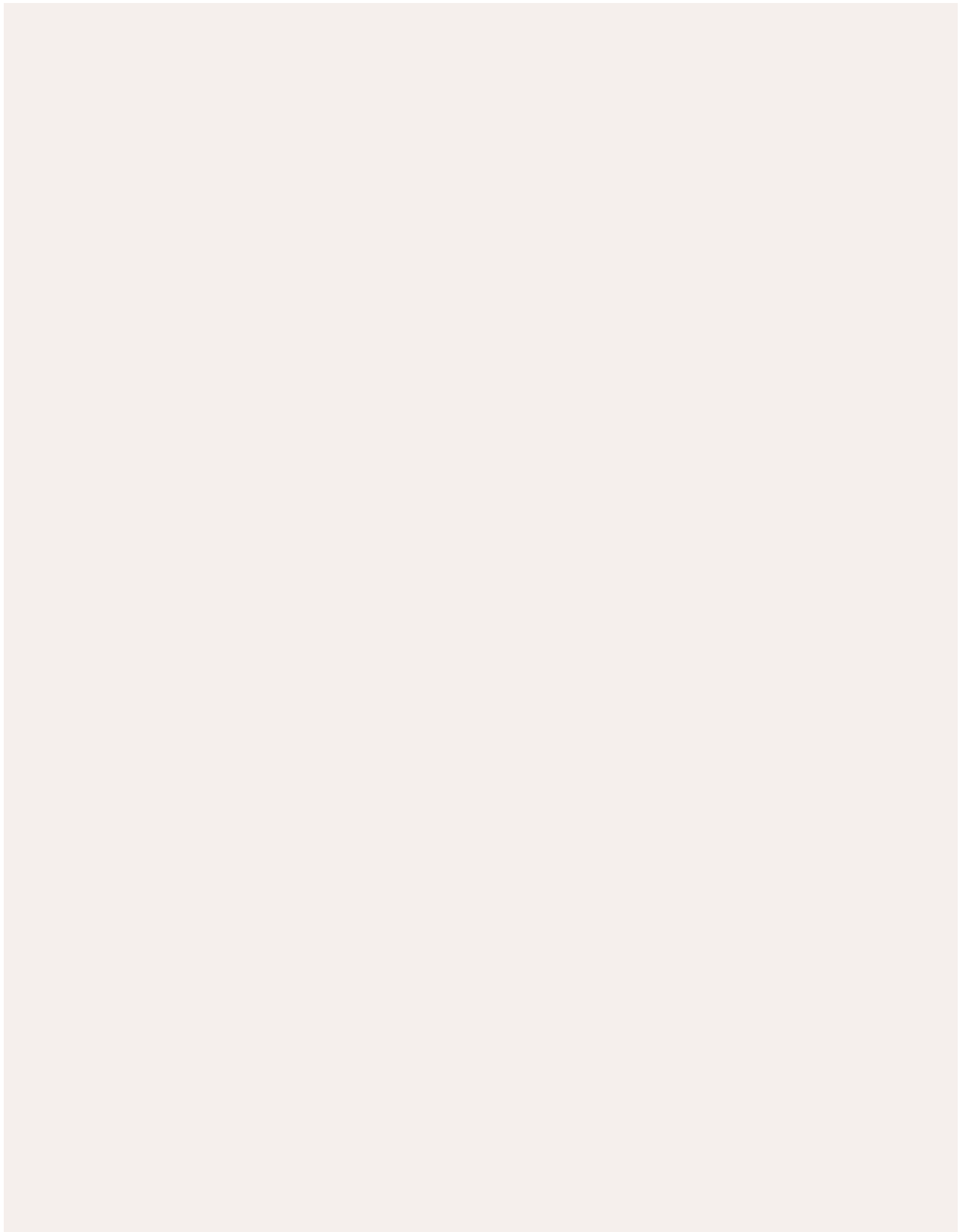
Le Cycle Féminin

.....

WORKSHEET

*Par Amba*

# POURQUOI SE CONNECTER À SON CYCLE



# COMPRENDRE SON CYCLE



*Comment est-ce que je perçois mon cycle ?*

A large, empty rectangular box with a light beige background, intended for the user to write their response to the question above.

*Quels sont, selon moi, son rythme et ses phases ?*

A large, empty rectangular box with a light beige background, intended for the user to write their response to the question above.

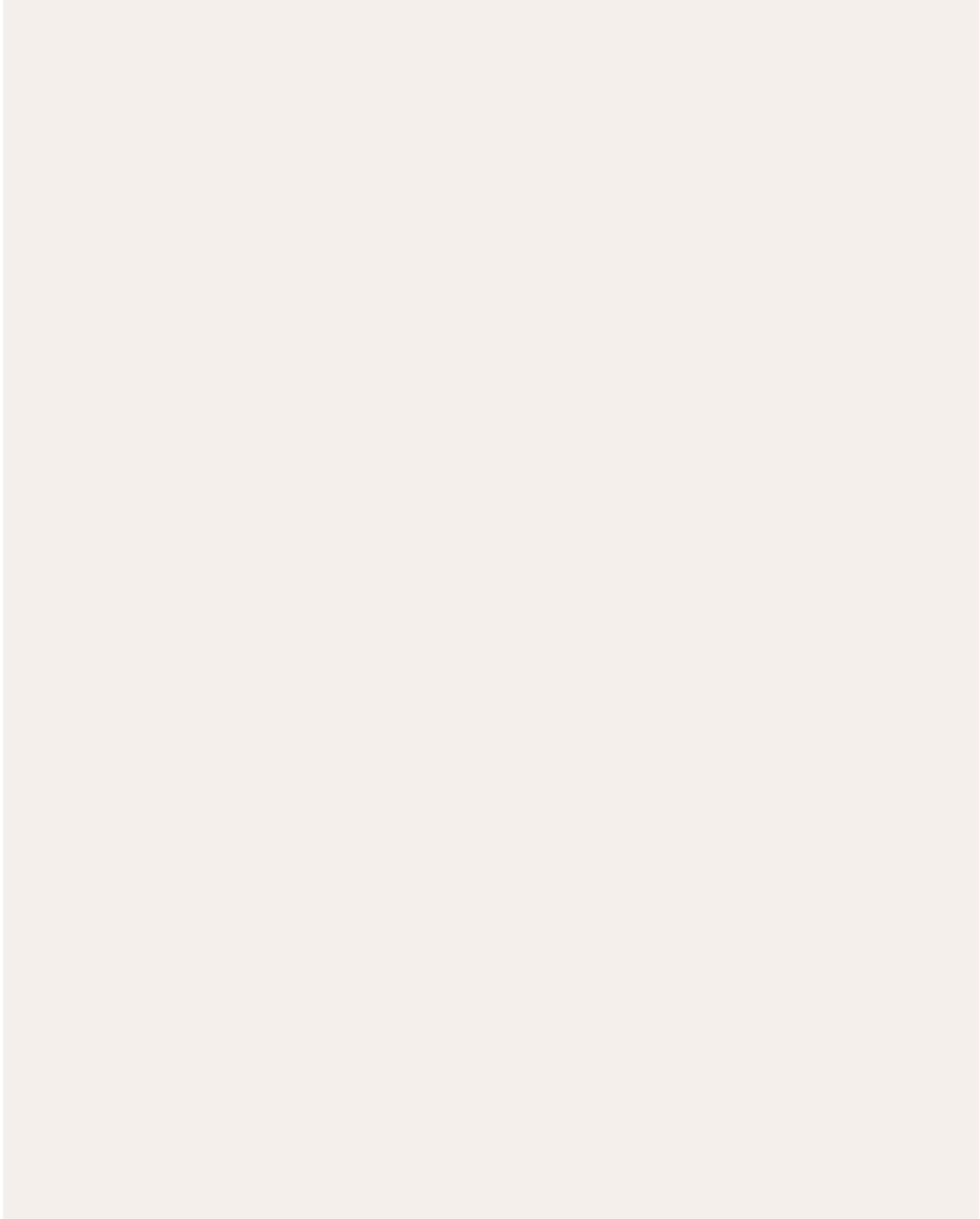
*Organisation du cycle féminin*

A large, empty rectangular box with a light beige background, intended for the user to write their response to the question above.

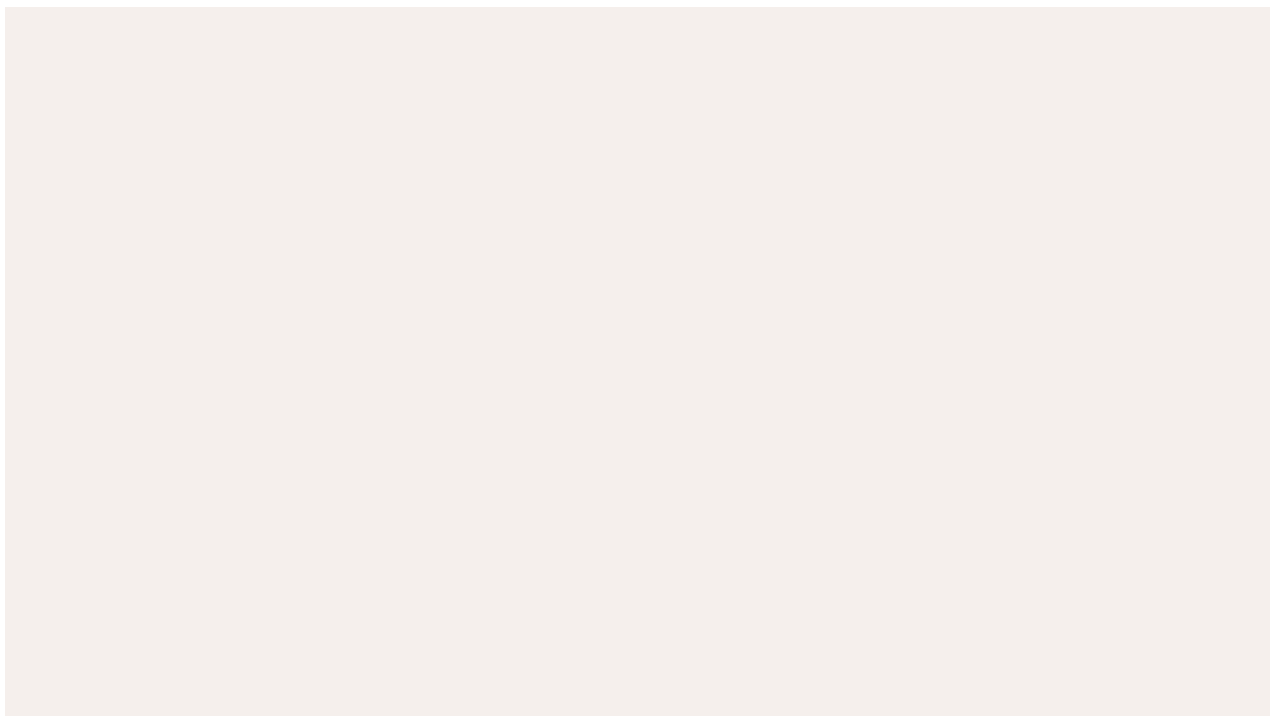
# PHASE MENSTRUELLE



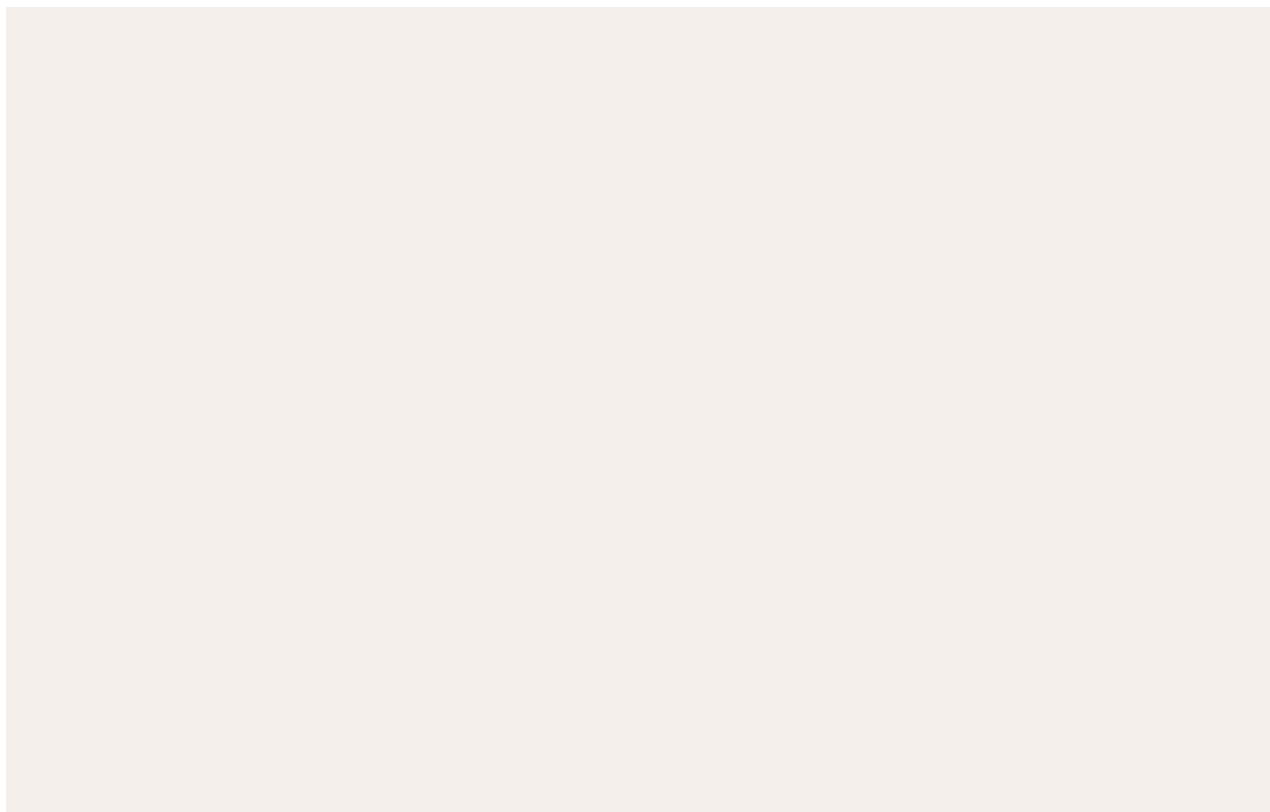
*Énergie liée*

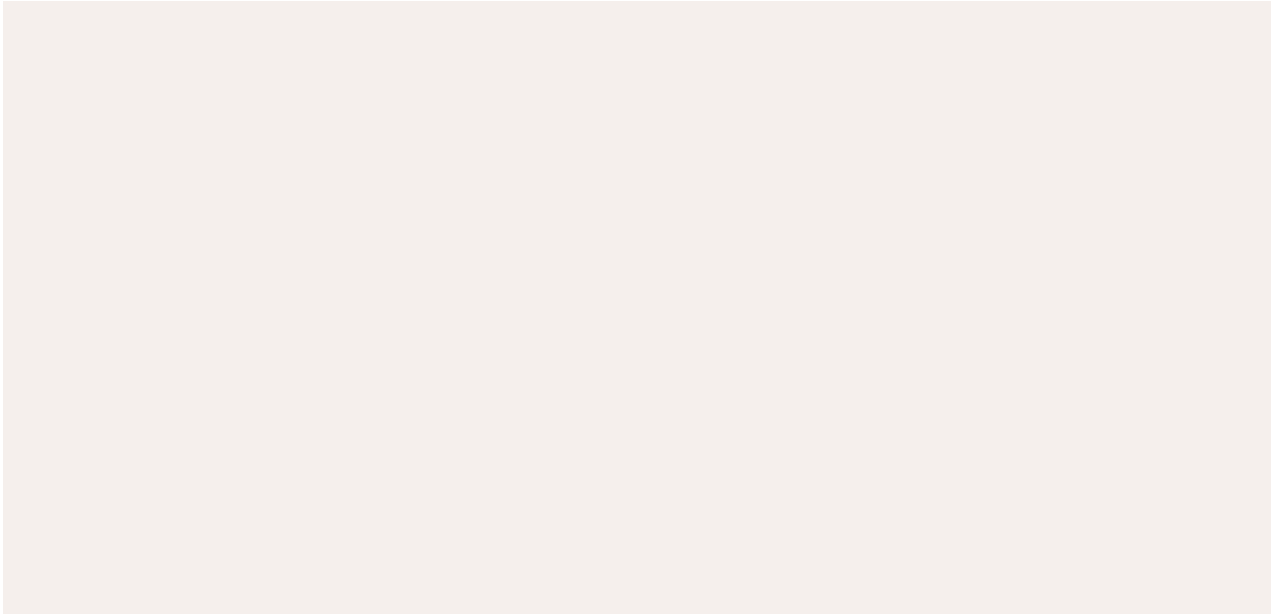


**I** *Postures*



**2** *Remèdes et Outils*

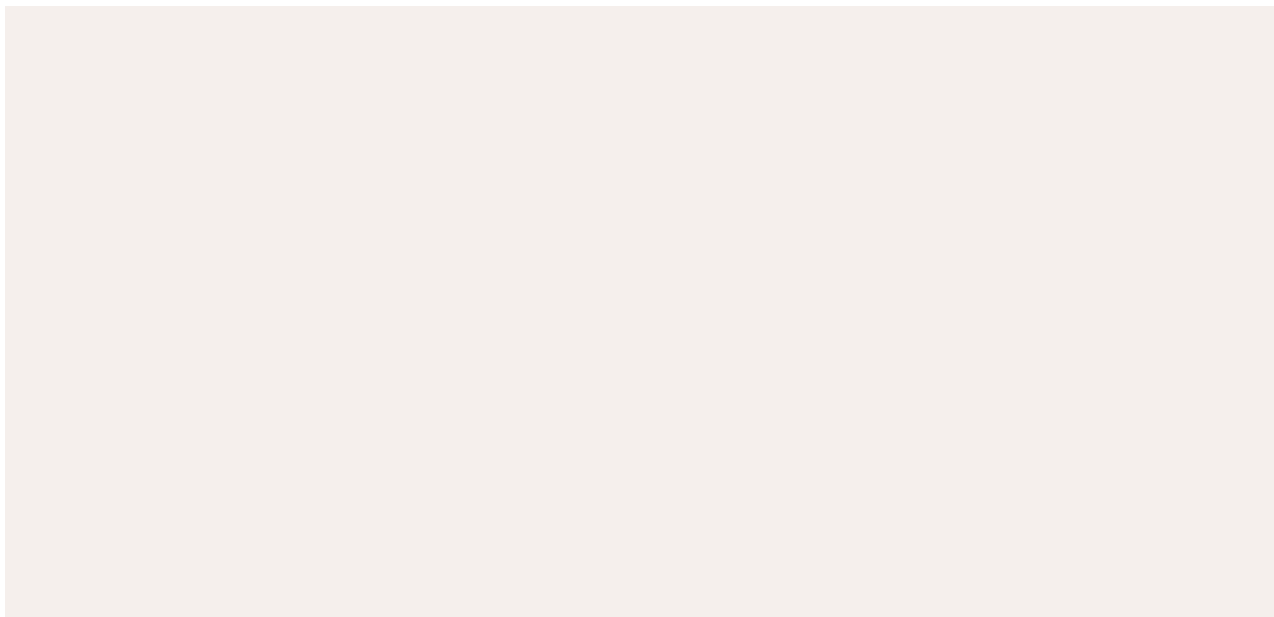




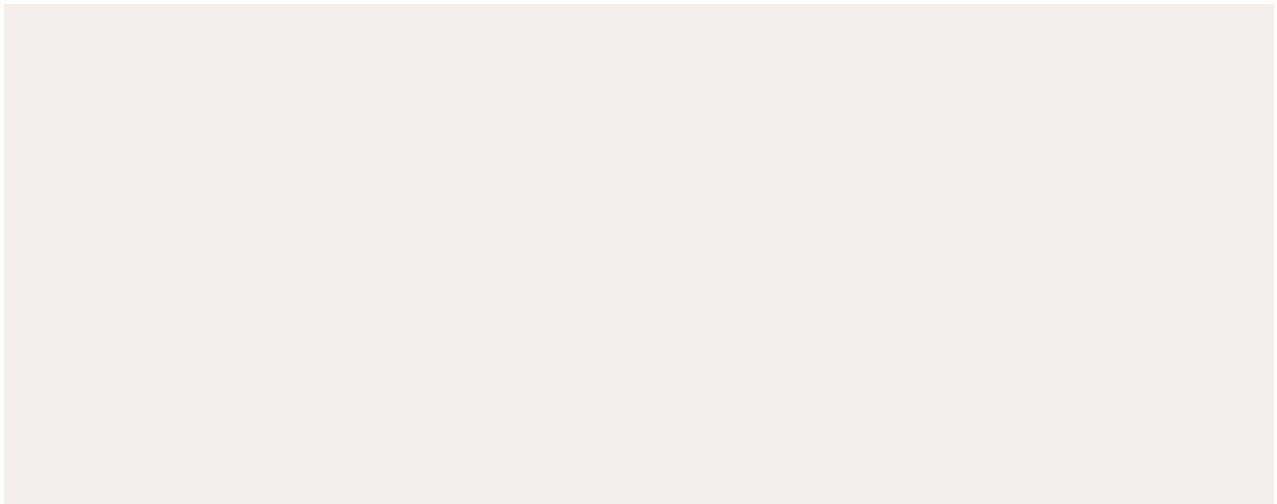
## Cycle irrégulier



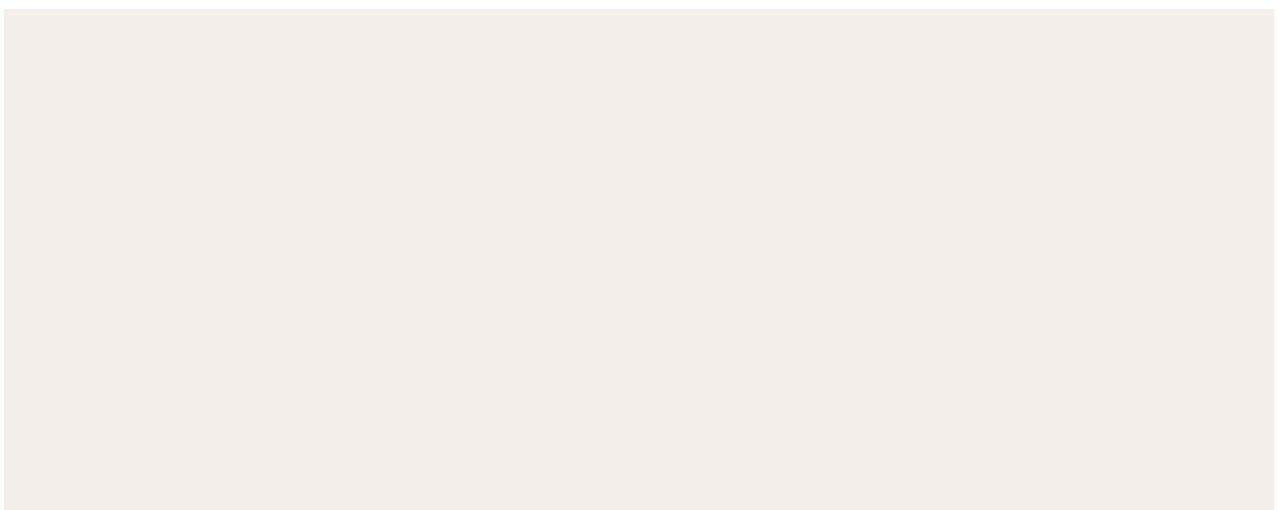
*Repérer son dérèglement*



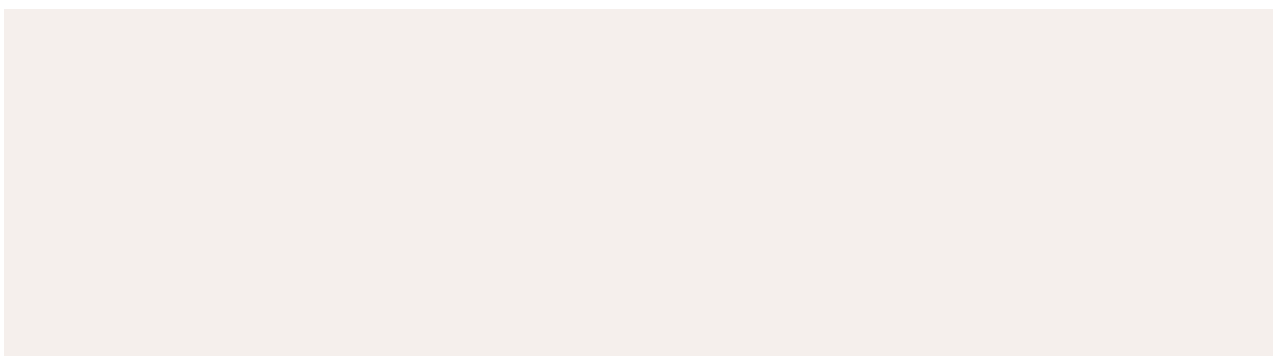
**I** *Postures*



**2** *Remèdes et Outils*



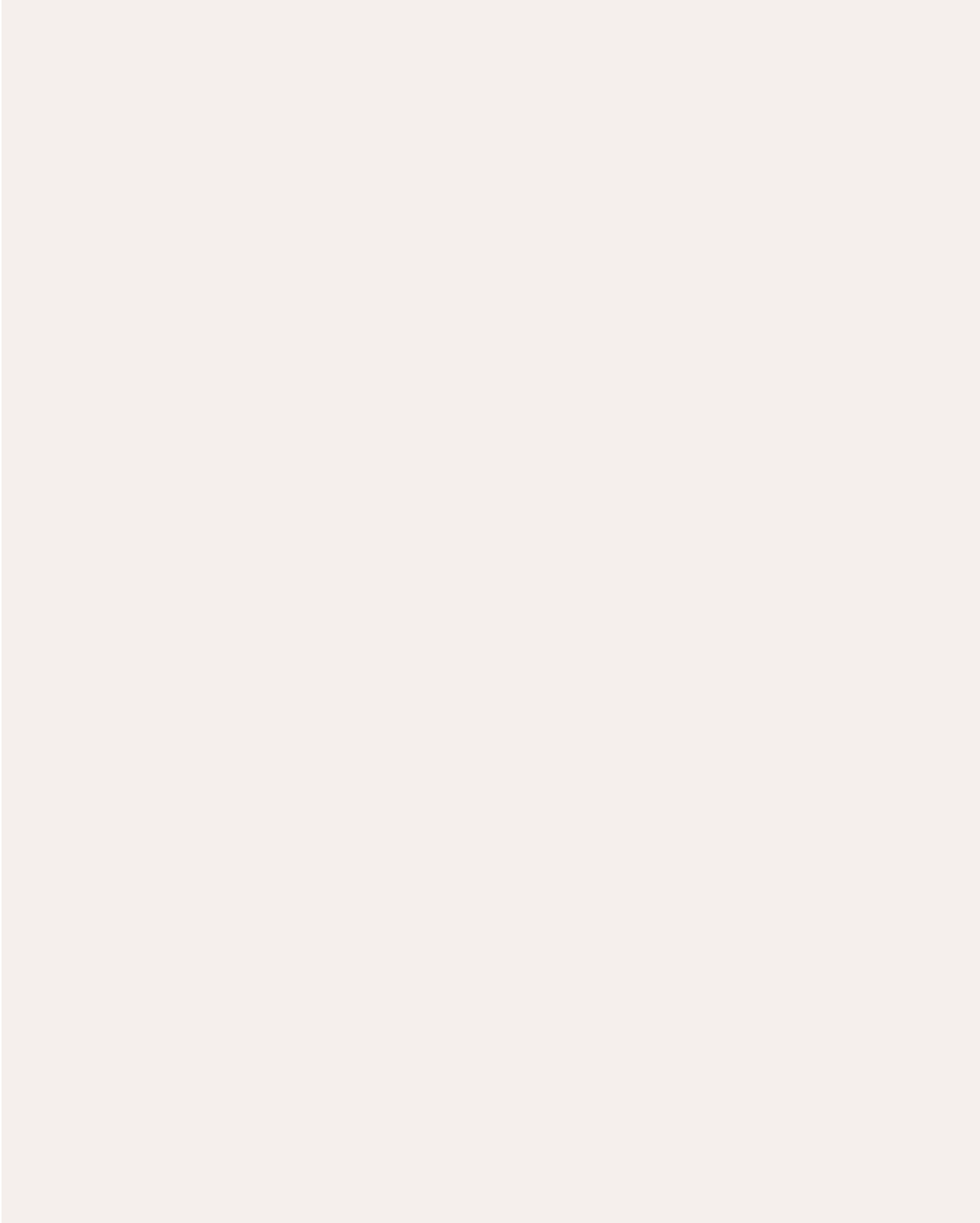
**3** *Rituels*



# PHASE PRÉ-OVULATOIRE

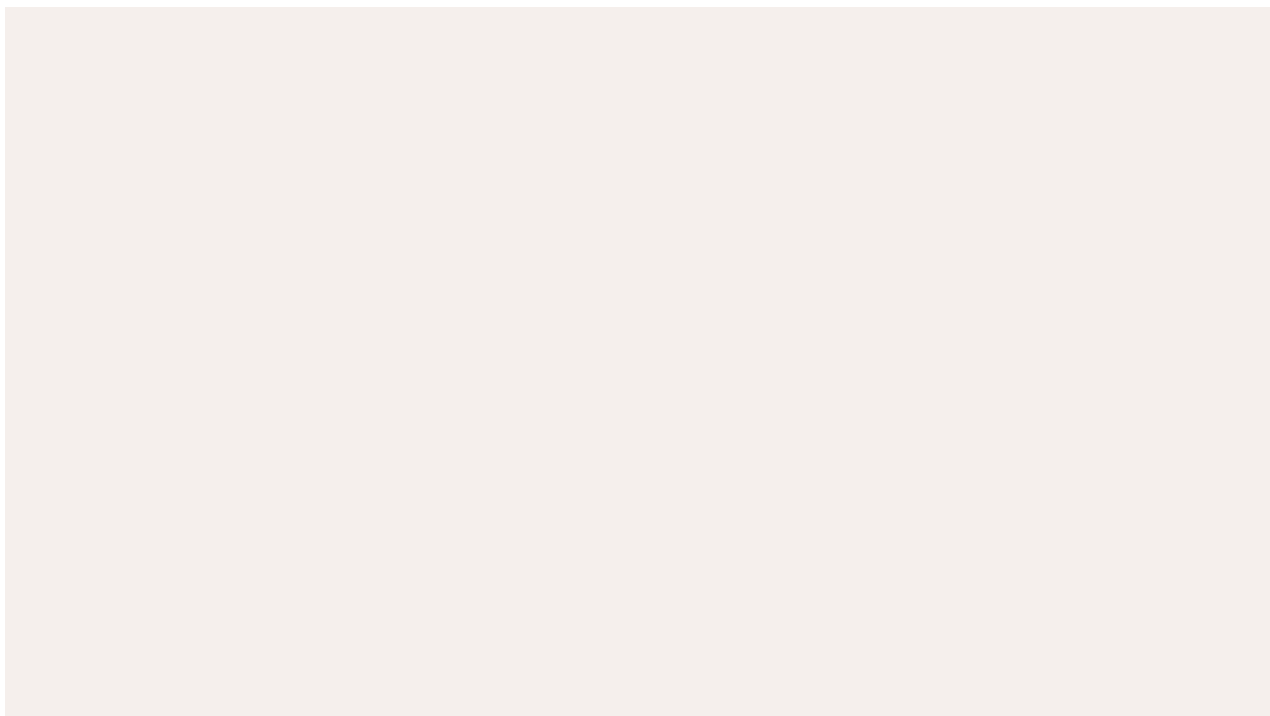


*Énergie liée*

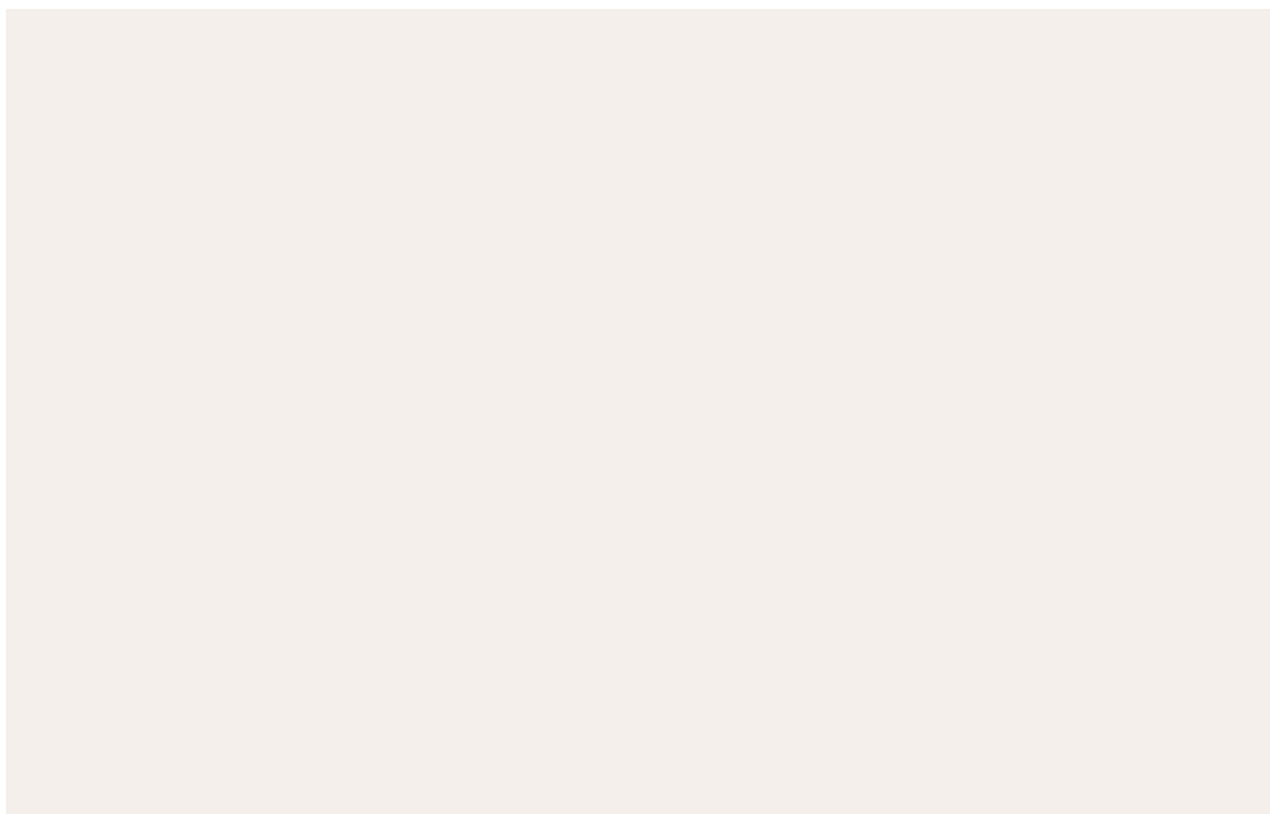




**I** *Postures*

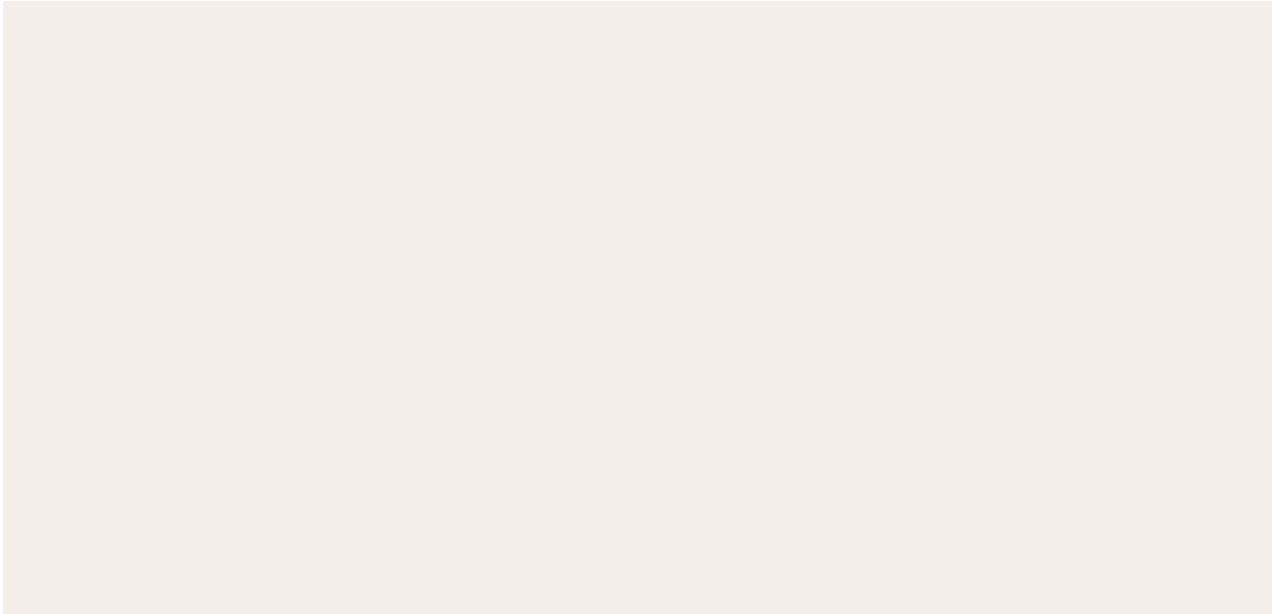


**2** *Remèdes et Outils*



3

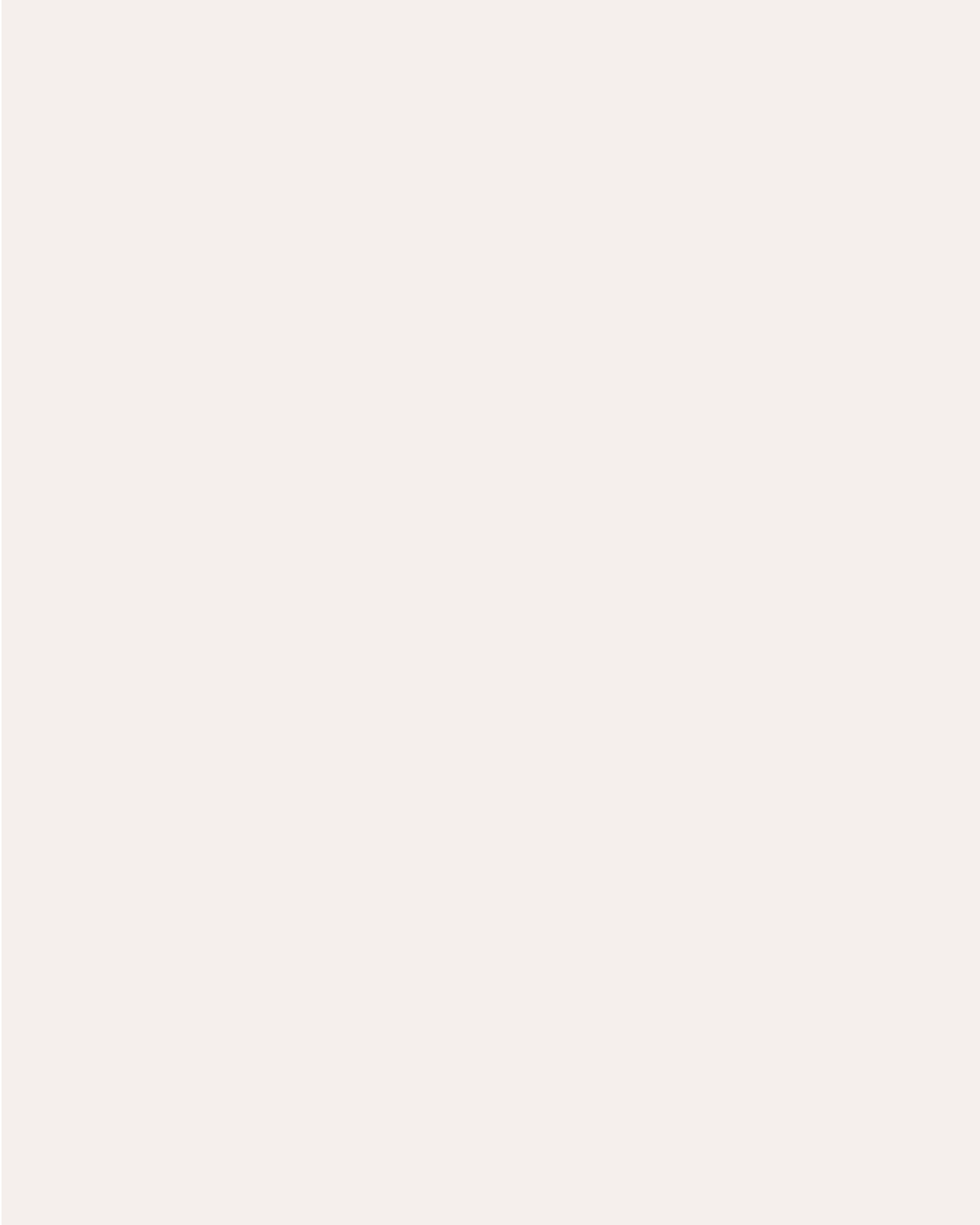
*Rituels*



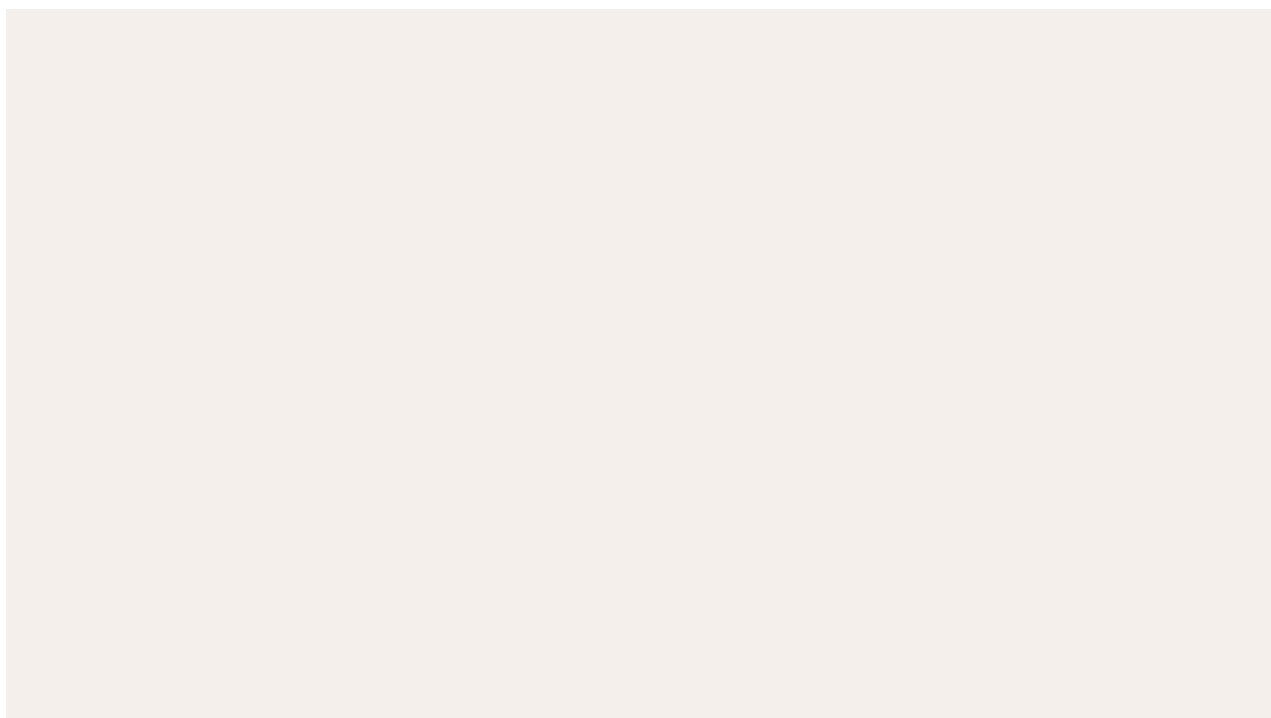
# PHASE OVULATOIRE



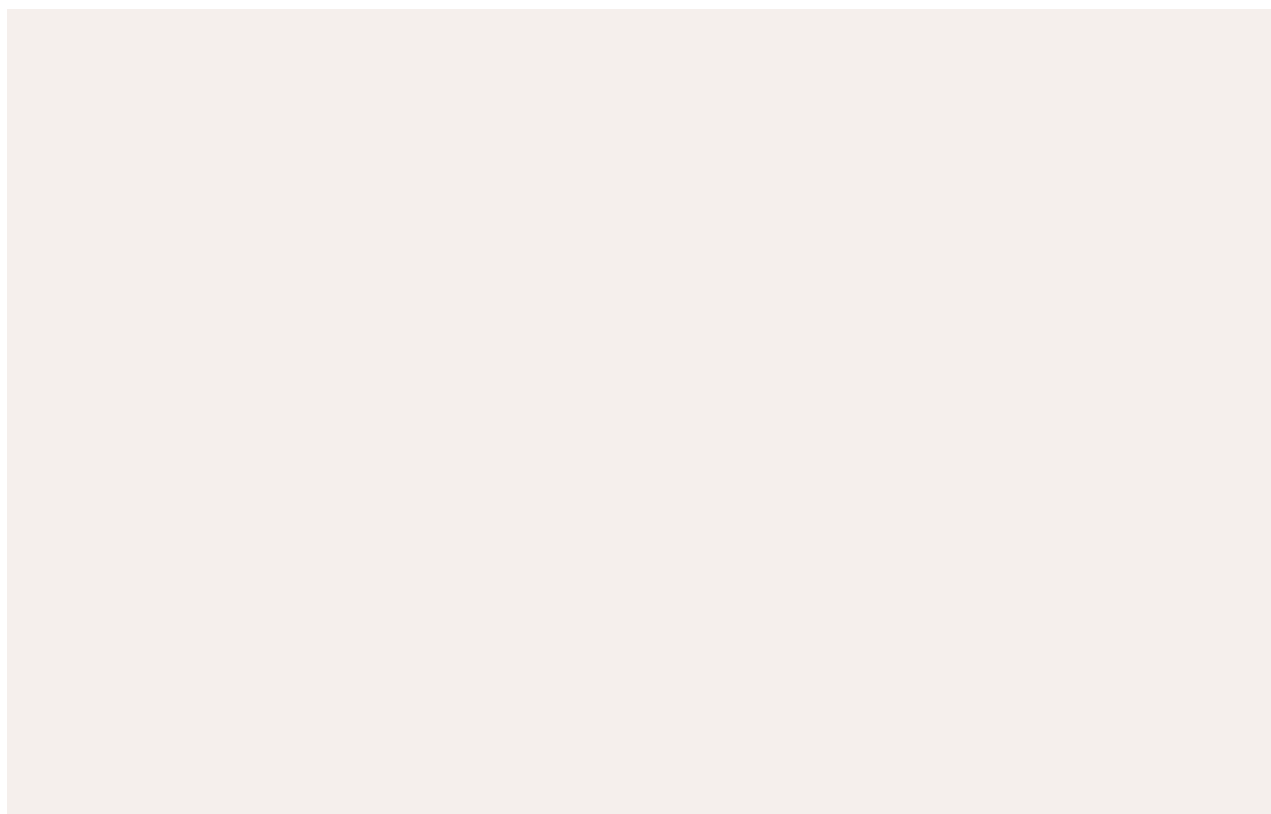
*Énergie liée*



**I** *Postures*

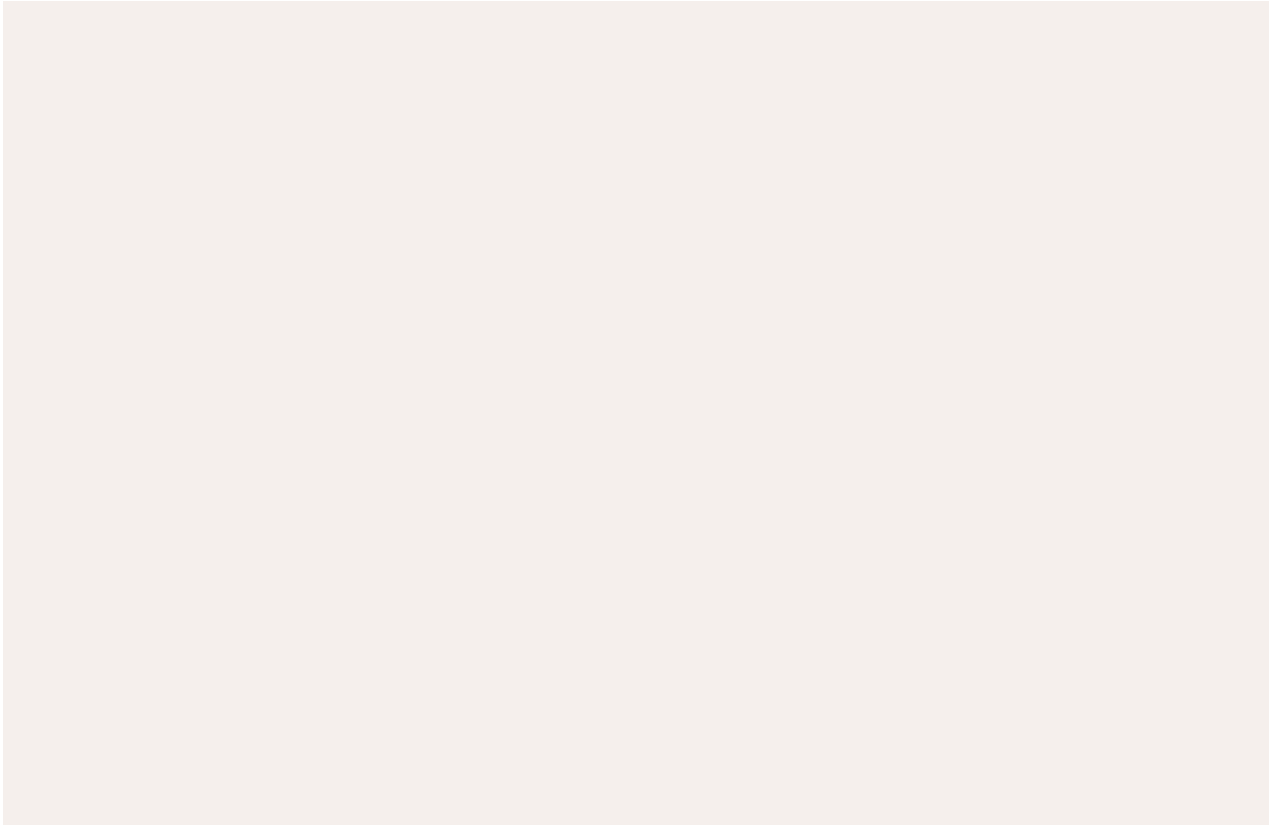


**2** *Remèdes et Outils*



3

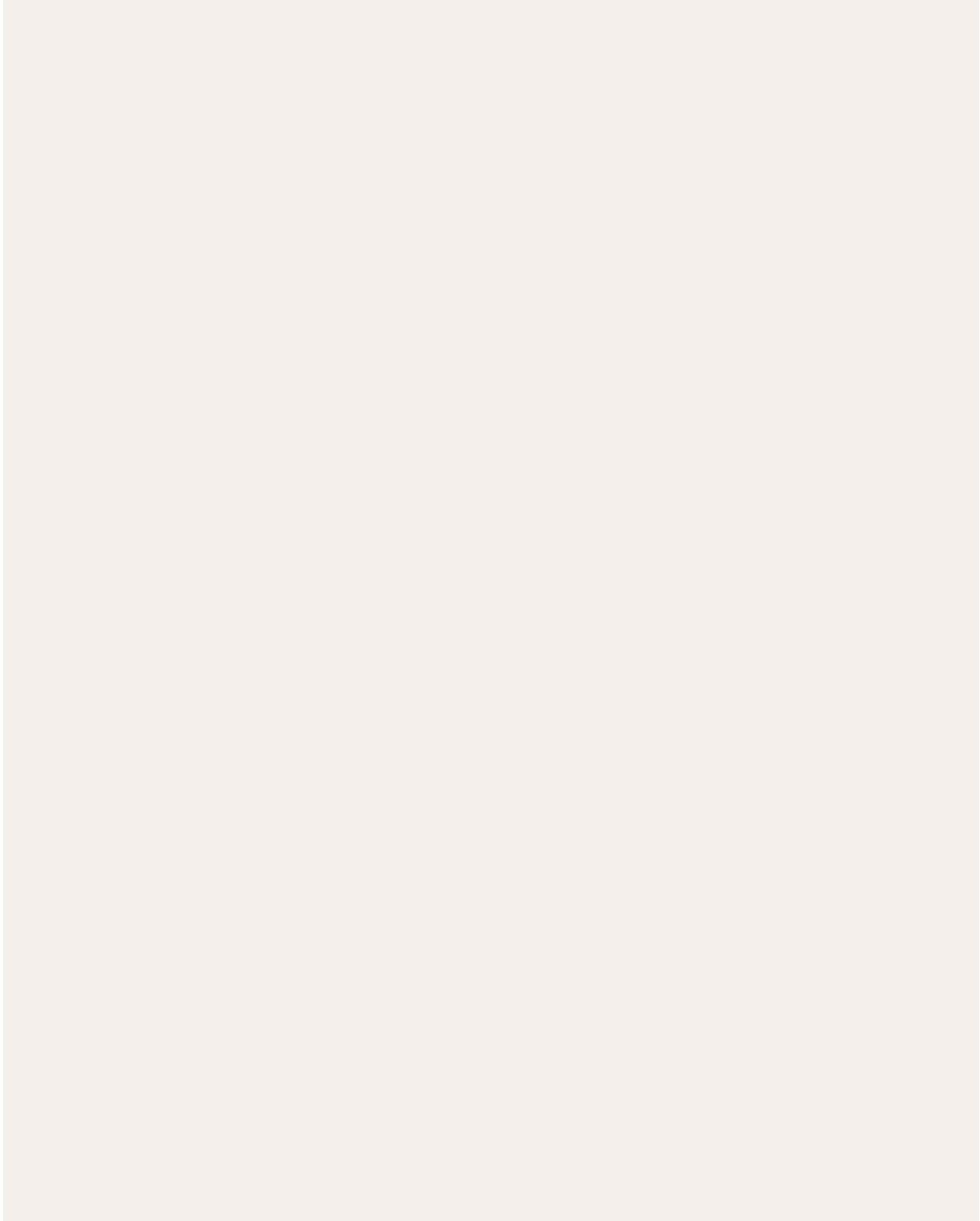
*Rituels*



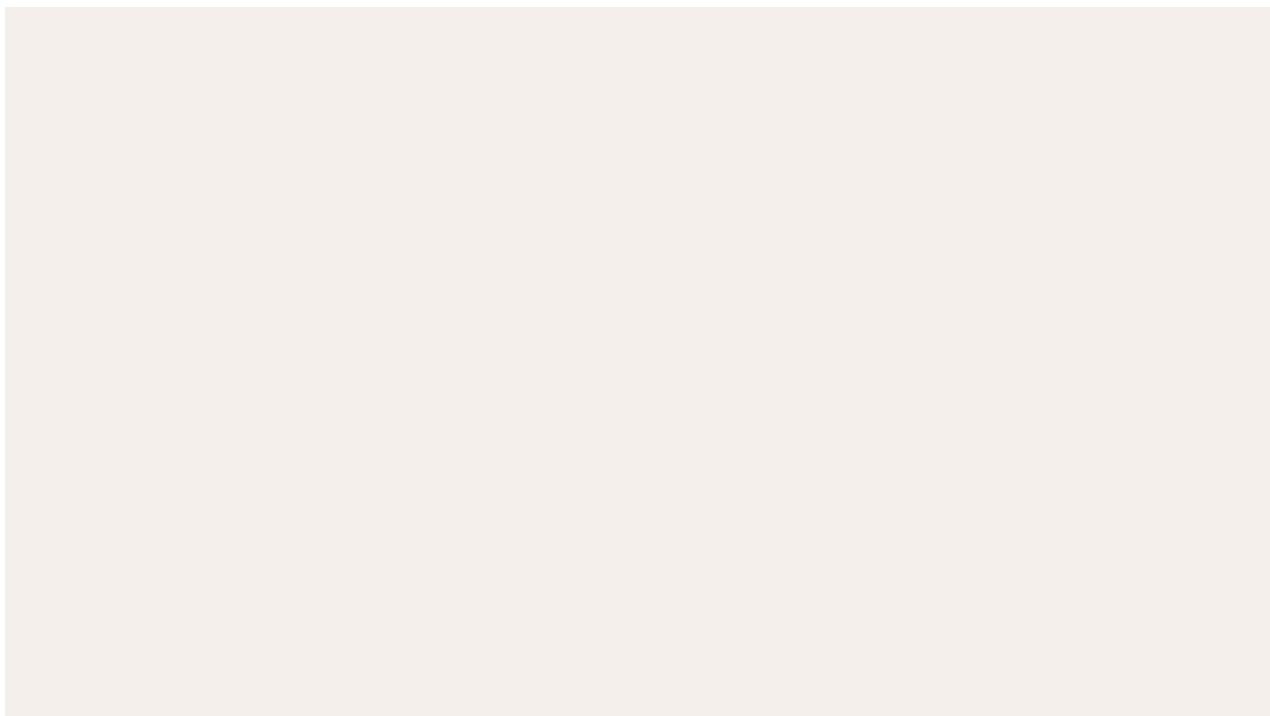
# PHASE PRÉ-MENSTRUELLE ET SPM



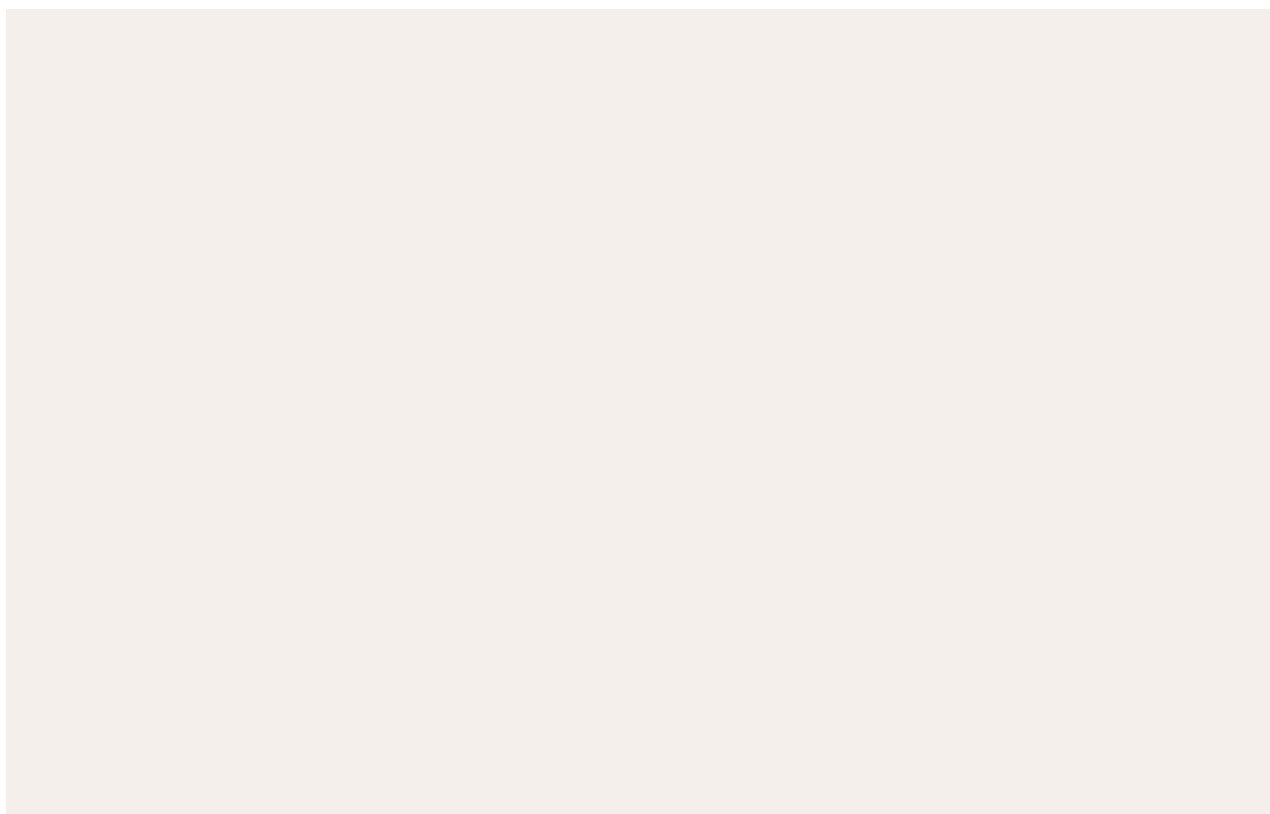
*Énergie liée*



**I** *Postures*

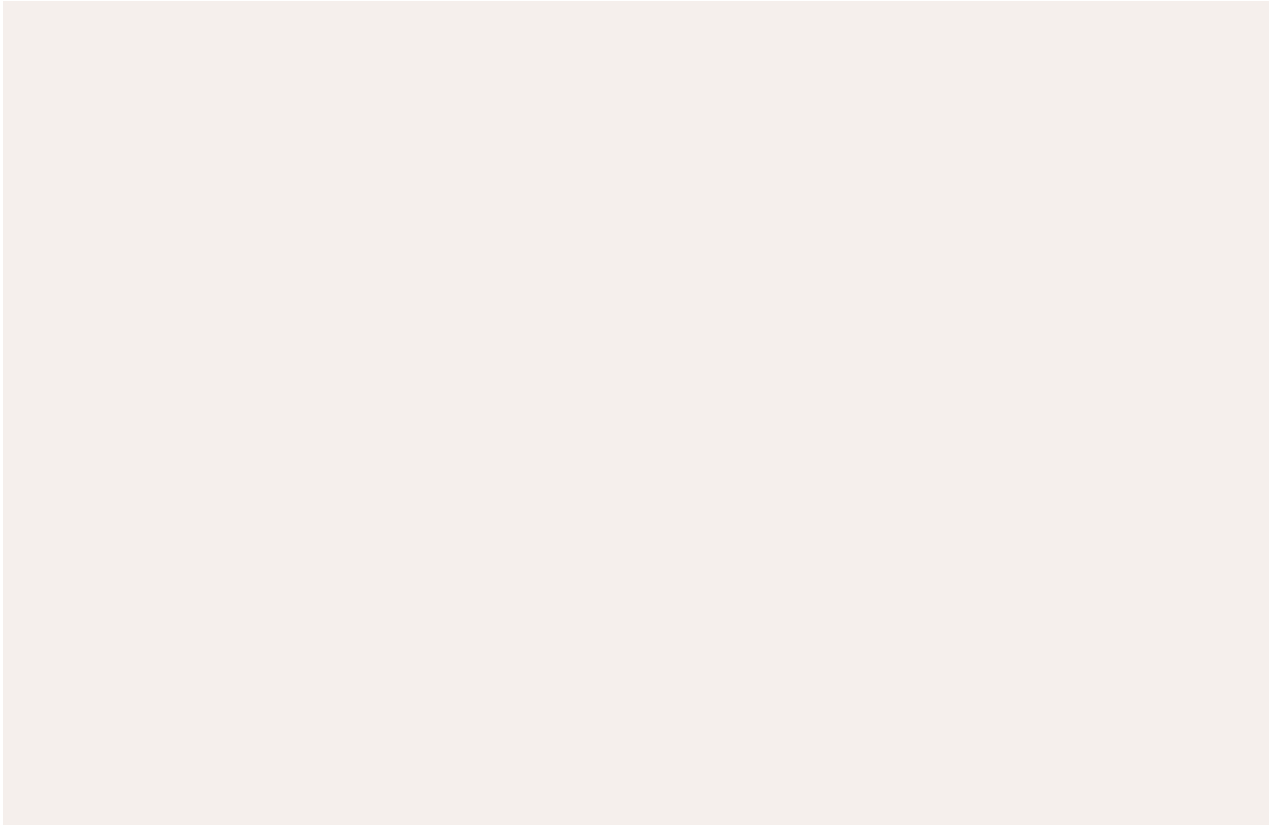


**2** *Remèdes et Outils*



3

*Rituels*

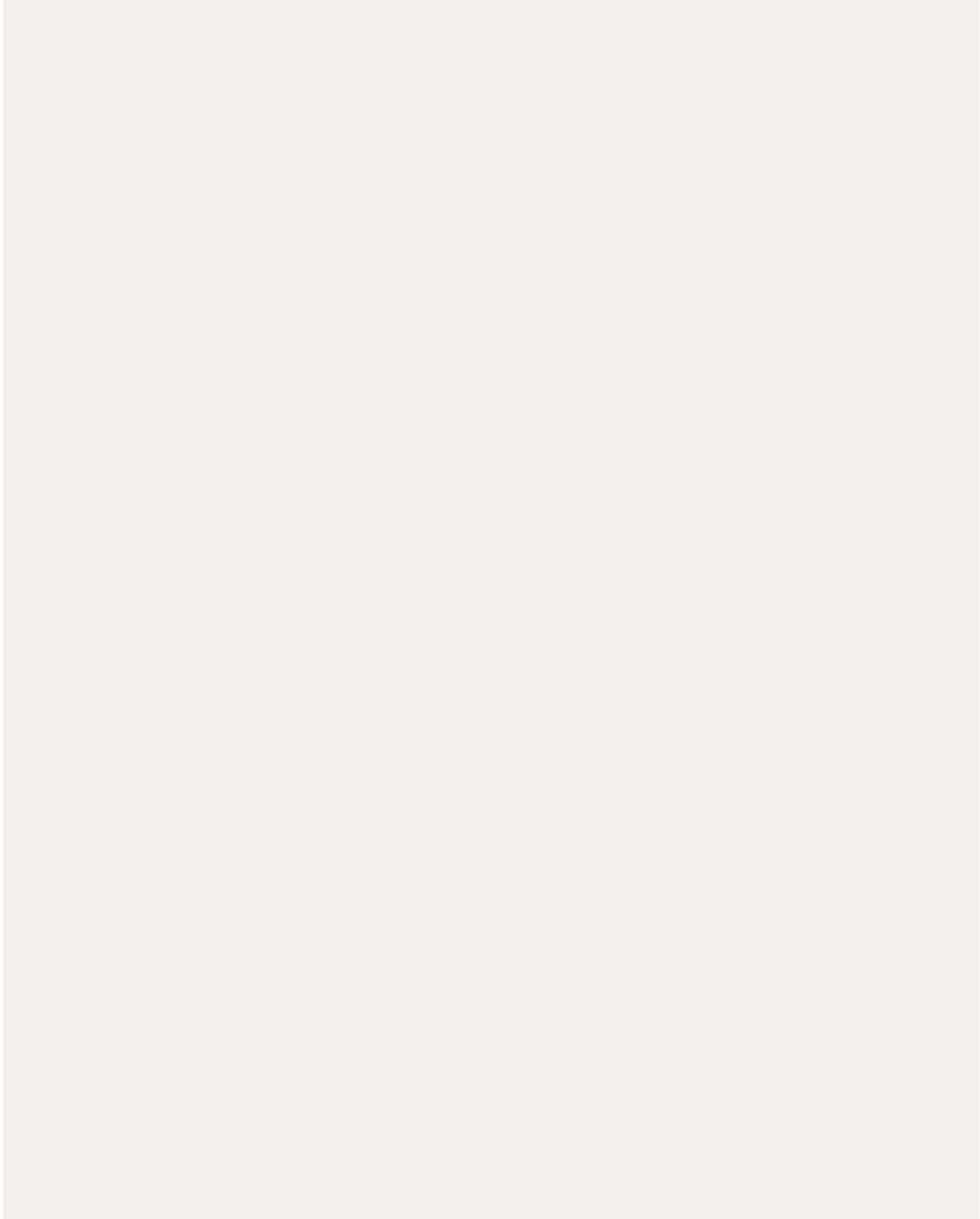




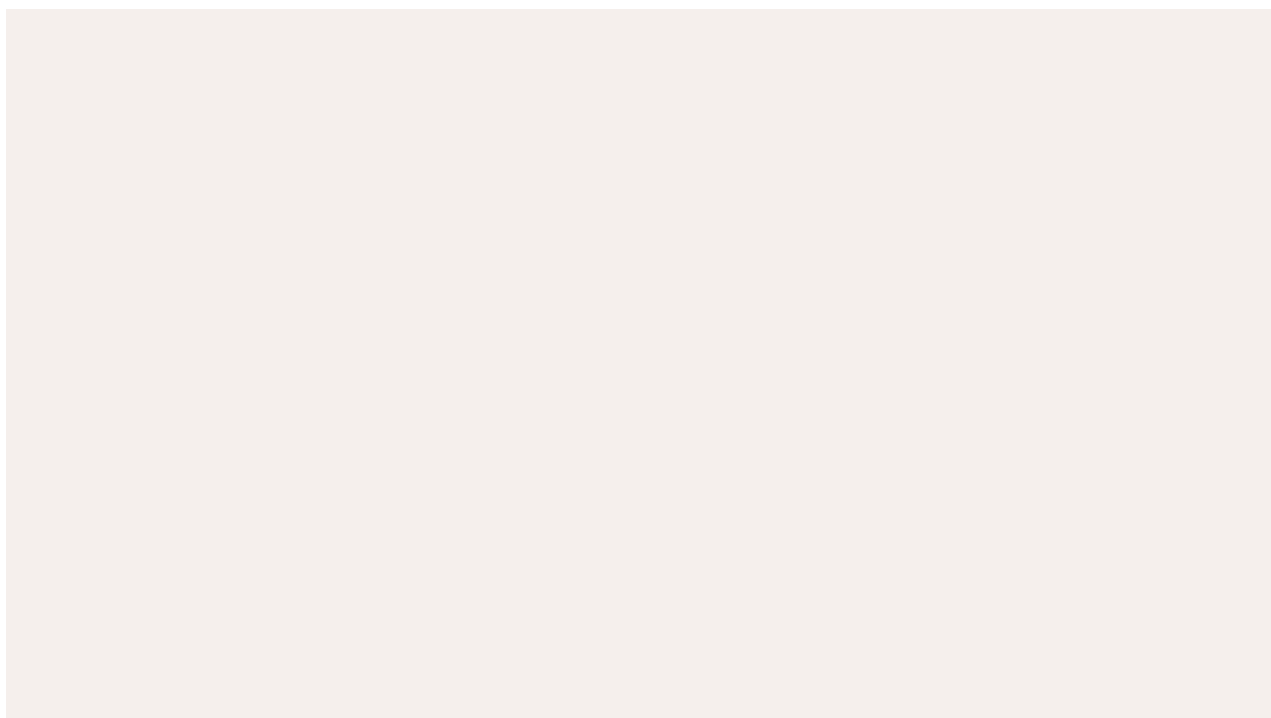
# PHASE DE LA MÉNOPAUSE



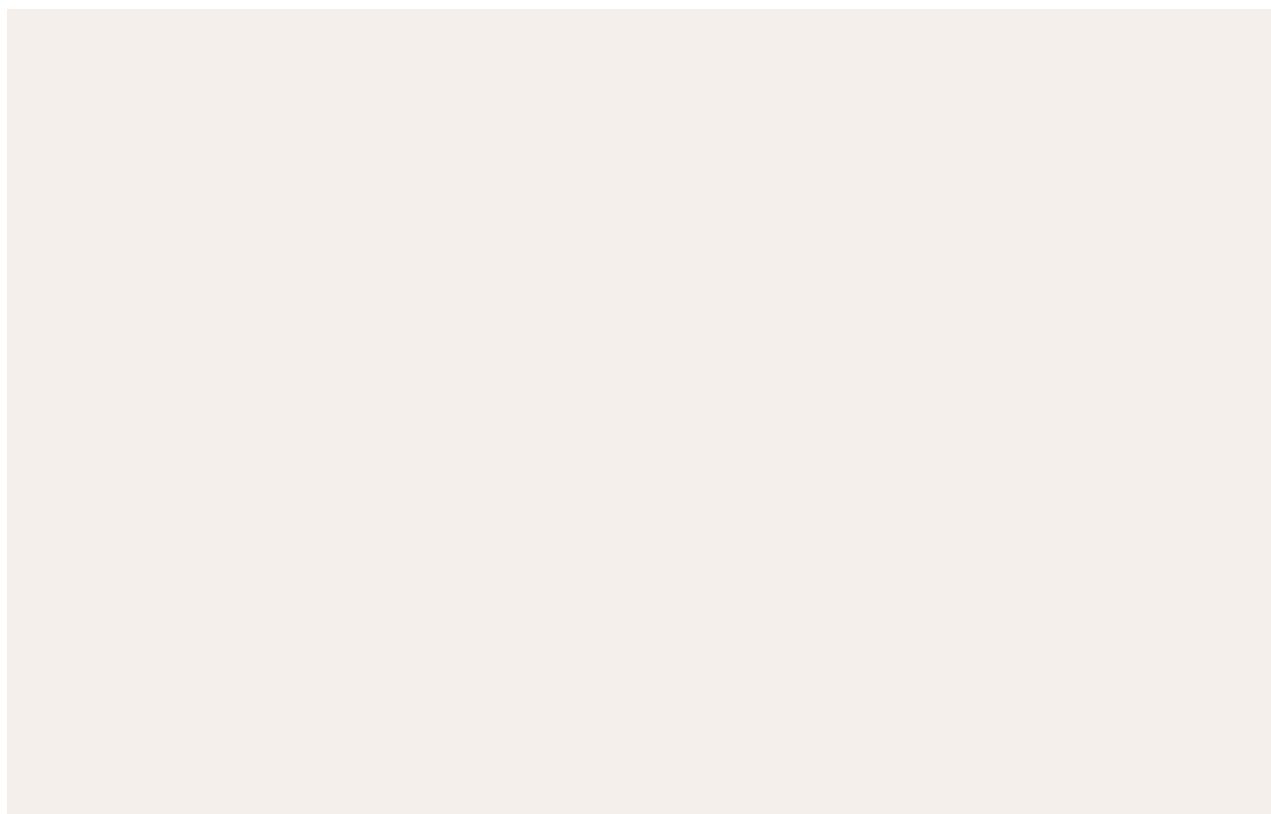
*Énergie liée*



**I** *Postures*



**2** *Remèdes et Outils*



# L'ENDOMÉTRIOSE



*Quelques mots*