



### Linda Sparrowe: Yoga for Women's Health



Linda Sparrowe is an author, mentor and teacher, with deep roots in both ancient and contemporary yoga. She specializes in yoga for women's health. Linda has served as editor-in-chief of Yoga International and Natural Solutions magazines, and as managing editor / acting editor of Yoga Journal. Explore the ways yoga can support you as you navigate the challenges, and discover the joys, of each stage of life.

**TOP EMBODIMENT TIP:** Spend time every single day touching, supporting, and connecting with your body. You two are connected, you two are blessed.

#### Grounding: Reconnecting with the Earth

- Feel yourself rooting into the earth. Notice any sensations, the comfort of the floor.
- Become aware of your hands, and then your breath. Notice the rhythm being created from your breath.
- Notice the seeds you want to plant today in the earth.

#### The Body: Investigation is Love

- Yoga is about creating a connection with yourself. What relationship do you have with your body?
- **It's about knowing where you are before knowing where you are going.**
- By doing the same routine every day, the inquiry can become more personal.
- What do I need for more comfort, ease, joy?
- Feel the connection between two parts of your body through movement. Notice the muscles, tendons, skin.
- Any time you stay in a yin pose, it has a cooling effect on your body. It reflects what we are digesting.

#### Helpful Techniques: Be more Present in your Body

- When feeling stress, or when waking up in the middle of the night, focus on your feet and calves, re-root yourself.
- Release the tension of the pelvic floor.
- **We are heating something up to be able to evolve in the body.**
- Bhramari pranayama: bring all 5 senses inwards, with a minimum of 7 rounds, then feel the vibrations in the body.

#### Resources

- ❖ **Books:** [Yoga at Home](#); [Yoga: A Yoga Journal Book](#); [The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness](#); [Yoga for a Healthy Menstrual Cycle](#); [Yoga for Healthy Bones](#); [Yoga and Body Image: 25 Personal Stories about Beauty, Bravery, and Loving your Body](#); [Yogini: The Power of Women in Yoga](#); [Yoga Mama](#)
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