

Menstrual Cycle Awareness is the mindfulness practice for women and is intrinsic to women's wellbeing

Menstrual Cycle Awareness "the inner yoga for women" is a term used to describe the practice of paying attention to where you are in your cycle each day, what you are experiencing and how to care for your changing cyclical needs.

Through the practice of cycle awareness you can discover the inner seasons of your cycle and get to know your own seasonal pattern. When you know your unique cyclical pattern you can learn how to live and practice (yoga) in sync with your cycle.

What is Ayurveda and why is it incorporated?

The practice of Ayurveda as a medicine is believed to date back to over five thousand years, during the Vedic period of ancient India. The earliest known references to Ayurveda and its sister science, Yoga, appeared in scholarly texts from the time called "the Vedas."

The name "Ayurveda" is derived from two words in Sanskrit, "ayuh" meaning "life" or "longevity" and "veda" meaning "science" or "sacred knowledge." Ayurveda's definition therefore roughly translates as "the science of longevity" or "the sacred knowledge of life." At its root, Ayurveda is a holistic tradition and way of living that can help each of us to claim and celebrate our capacity for wellness.

Ayurveda offers a unique perspective on each stage of a woman's cycle. Discover how the three doshas - Vata, Pitta, and Kapha - affect menstruation and develop a deeper understanding into the stages of your cycle!

You can learn more about Ayurveda online; [we recommend you visit the website of Banyan Botanicals.](#)