



YOUR FEMININE MEDICINE WHEEL

- THE INNER SEASONS -

Many girls grow up hearing phrases like, 'Be glad you don't have your period yet, just trouble,' or 'This is going to be so much trouble for you now.' These words have shaped generations, leading some to wish they were boys just to avoid what was framed as a 'curse.' Yet, it is precisely these experiences that ignited my mission: to accompany women on their journey and to truly honor the state of being a woman.

My heart is dedicated to helping women reconnect with their original essence and inner nature. I believe that now is the time to write a new, self-caring story—one where we no longer view our cycles as burdens to hide, but as powerful, natural expressions of our strength and health.

It is important to dedicate time to cyclical womanhood, to track your cycle, and integrate it into daily life. This helps you plan meetings, social events, and projects in alignment with your energy and mood. The cycle is a wise guide that helps us work with our energy instead of against it.

In the inner autumn and winter phases, the invitation is to turn inward, practice self-care, and prioritize yourself. In spring and summer phases, you can be more active, pursue projects, and explore the world in its beauty. In short: cycle awareness allows you to live in harmony with the natural rhythm of life and make the most of each phase.

The following pages will tell how I have perceived these things—from circles I have facilitated so far, up to the point where even science, as well as styles of yoga, have taken on the task of placing women at the center of yogic practice.

THE FOUR SEASONS

We all know the beautiful qualities of the outer seasons.

Winter, when it feels good to curl up, candlelight, retreat inward, and experience the *Rauhnächte* in their quiet beauty. Nature withdraws completely.

Spring, nature slowly reveals itself—buds on trees, blossoms opening, animals appearing, the fresh, gentle scent of awakening, juicy nature. The world blooms into new life.

Summer, hot, active, warming, and nourishing. The peak of the year. Every flower is in bloom, streams and rivers flow, mountains are free of snow. The sun shines on our faces, the body radiates vitality and energy. A desire to arrive, to be, to dance.

Autumn, harvest time. Everything sown in spring is now gathered. Gratitude for the year. Leaves fall, wrapping and protecting themselves and their roots. Plants slowly say goodbye, storing all their energy in their roots. A time of harvest and gratitude.

Maybe some of this feels familiar?

As women, we live these cycles of nature fully. We just were never taught or made aware of it. During menstruation, we are in letting go, in the silence of our being, in visioning. We long for rest, safety, withdrawal. This phase corresponds to the inner winter.

With the last drop of blood the time of “blooming” begins. We slowly begin to move outward again and meet people. From inward cocooning, we want activity again. This phase corresponds to the inner spring.

After spring comes ovulation. In this phase, we enjoy being outward, feel sexy, playful, love our appearance, have little doubt, are active and sociable—flirting with life. This phase corresponds to the inner summer.

Following ovulation, we gradually return to calm. We feel that all the outward energy becomes tiring, and it is time to move into gentler practices and gentler movement again. We may feel more tired, the immune system slightly weaker, and it becomes especially important to be mindful: with whom do I spend time, what do I do, how well do I truly take care of myself? Am I the center of my own world? This phase corresponds to the inner autumn.



WINTER

Menstrual phase (approx. day 25-5) - Element earth

The days before menstruation serve as preparation for bleeding. This is often the lowest point of energy levels. The onset of menstruation often brings relief, clarity, and release. Rest is necessary in order to experience the fullness of summer.

It is a natural time for rest and renewal of body and mind. Indigenous cultures have always celebrated menstruation as a transformation of everything that happened on Earth during the past month. Women, representatives of the Earth itself, received visions of the Earth through their conscious bleeding and had heightened intuitive abilities during this time.

The bleeding woman embodies the unseen worlds and the raw magic of transformation. Historically, this mystery was met with fear. Men, unable to understand why women bled, assumed it was a curse, branding them as witches and driving them to the stake. But the bleeding woman is not a threat; she is the engine of change. Without her, the Earth loses its balance, and the world's creative power crumbles.

The wonderful hormones

Estrogen and progesterone are at their lowest levels, leading to low energy and possibly lethargy.

What nourishes me during this time?

It is a time for reflection, taking time, and giving body and mind rest.

Plenty of sleep and relaxation. A good time for meditation, Yoga Nidra, possibly gentle womb yoga (focus on the pelvis), and restorative yoga.

CRAMPS

Heat pads, ginger, pelvic massage with warm herbal oil, yoni steaming (herbal steam over the vagina before menstruation, not during!), vaginal suppositories (rectal use, CBD suppositories), menstrual sponges, menstrual underwear, listening to meditations, hands-on healing and very gentle yoga practice, stretching movements.

HEADACHE

lavender, ice packs, and eucalyptus / peppermint / tea tree oil rubbed on the temples.

Due to bleeding, iron levels drop in the body, which can lead to fatigue, confusion, sadness, or anxiety. Check whether you need additional iron during menstruation.

HEARTFELT RECOMMENDATION

Try to avoid mentally or physically demanding tasks, as well as too many social contacts and too much social media. Do not schedule important work meetings during this time. Avoid making purely mental decisions that are not good for the body. AND: do not cancel activities planned for the following week, as the desire for social activity will rise again.

FOOD

Nutritious food is very important during this phase: comforting meals such as lentil soup, stews, broths, and warming spices like turmeric, cayenne pepper, ginger, and cinnamon. Also eat a warm breakfast like soup or porridge in the morning. Water-rich fruits and vegetables, seafood high in iron and zinc, millet, red meat, green vegetables. Try to avoid high-sugar foods, as they can negatively affect your mood.

RITUALS

Creative expression: painting, drawing, journaling, prayers, self-care rituals, touch (if you feel called to it during this time)

YOGA ASANAS

- Earth greeting (ERD GRUSS - you can find it on my website/video)
- Balasana (Child's Pose)
- Cat-Cow with variations (circular movements)
- Butterfly pose (supported with a cushion under the knees) - EXCELLENT for menstrual discomfort. Best practiced even before bleeding begins

Child's Pose and Butterfly can be practiced more frequently in this phase

Wall-based or chair-based yoga practice. For example:

- Wide-legged wall pose (supine position, hips at the wall) or
- Downward Facing Dog (Adho Mukha Svanasana) using a chair
- Rotational movements (e.g. thigh rotations, upper arm rotations), as well as the lying figure-eight movement in hips, pelvis, feet, and hands - very nourishing in this phase
- Yoga practice with a hot water bottle is highly recommended.
- Foot baths before or after yoga practice
- Focus on "letting go." The emphasis of this season is on resting, relaxing, breathing deeply and consciously, and creating a pleasurable menstruation experience.
- Journaling is welcome—write down thoughts and emotions and burn them afterwards
- Touch your own body more often in practice (massage, tapping, stroking, fascia rolling, using balls)
- Deep exhalation (loud exhale, yawning, sighing, sticking out the tongue)
- Focus on forward bends and seated postures

MUDRAS

Yoni Mudra (strengthens the whole Yoni)

Bhramara Mudra (allows the entire body to relax)

Vishnu Mudra (transformational power)

PLANTS & ESSENTIAL OILS

Deeply calming, grounding, and spiritually opening plant energies:

- Frankincense for spiritual clarity
- Vetiver for grounding
- Sandalwood for inner peace
- Patchouli and cinnamon for warmth and sensuality

BREATHING TECHNIQUES / PRANAYAMA

- **Bhramari** - bee breath (inhale through the nose, exhale with a humming sound while gently closing the ears with the fingers and listening to your own vibration). Supports and nourishes the fascial tissue
- **Ujjayi** - ocean breath
- **Chandra Bhedana** - to strengthen your lunar energy (right hand in Vishnu Mudra, thumb closes the right nostril, inhale and exhale through the left nostril only)

For women with irregular cycles or no menstruation yet:

I invite you to observe a full month and notice how you feel day by day. Record everything—your emotions, digestion, physical state, absolutely everything that may help you understand when you are in your “inner winter, spring, summer, or autumn.”

Often our mood and physical sensations reveal which phase we are in. Also observe which moon phase is present at the same time. This can be very insightful.

Connect with the medicine wheel, your healing plant, your power animal, and create rituals. Be a curious, playful girl who wants to rediscover the world! Become aware of your own rhythm. You will be amazed at what opens up.

Most importantly: stay **LOVING** toward yourself during this time of observation. Use a cycle calendar if it supports you.



SPRING

Follicular phase (approx. day 5-12) / Element air

Our body gives us a monthly moment of awakening. In spring, the focus shifts outward again—you awaken from winter sleep and turn your attention back to your environment and other people. Feelings of clarity, focus, and motivation may arise.

Spring represents rebirth, growth, vitality, energy, rising life force, and mental clarity.

Your yoga practice can also become more active again here. Bring flow back into your entire system.

The wonderful hormones

Rising estrogen increases energy, mood, and libido.

What nourishes me during this time?

Step out of your comfort zone. Experiment with new experiences, start new projects, maintain social connections, attend business meetings, engage in physical activities and mentally challenging tasks (but slowly!!!)

Heartfelt recommendation

Despite higher energy levels, maintain balance and avoid overloading your schedule—especially with too many commitments planned in advance for autumn and winter.

Basalt baths (alkaline baths), face masks, and body cleansing rituals are recommended. Small daily rituals that uplift your mood are beneficial.

FOOD

Plenty of lean protein and healthy fats (avocado, pumpkin seeds, flax seeds, etc.) to support estrogen production. Also light, fresh, colorful foods such as salads with various toppings, and microbiome-friendly foods like sauerkraut, kimchi, and coconut kefir. Smoothies or warm porridge (be mindful of sugar), warm meals, and regular eating habits are recommended. Also include wild herbs such as mallow, ground elder, daisies, winter cress, dandelion, chickweed, ground ivy, etc. Be aware: Too much coffee—an additional stimulant alongside rising estrogen—can lead to anxiety or a feeling of overwhelm. (Coffee can encourage uterine cramping and contraction!)

YOGA ASANAS

- Warm up joints with various movements and rubbing with your hands
- Focus on twists and backbends
- Stretching movements (a sense of awakening)
- Activate neck and shoulders
- Focus on the spine that supports you
- Activate feet and hands
- Integrate pelvic circles into various asanas
- Eye yoga
- Writing meditation

PLANTS & ESSENTIAL OILS

- Lemon, lime, and mandarin for freshness and clarity
- Neroli and jasmine for heart opening and feminine softness
- Cedar for stability and inner alignment
- Lemon balm for emotional balance

MUDRAS

- Padma Mudra

BREATHWORK / PRANAYAMA

- Sitali
- Sitkari
- Lion's breath
- Horse breath



SUMMER

Ovulation phase (approx. day 12-19) / Element fire

Summer is the peak of your cyclical energy. It brings a sense of “arriving in yourself,” a feeling of ease within your own life flow. This is the height of your strength and power. It is a time of trust and great ability to achieve and manifest things. You may also have more patience and openness for others.

Summer symbolizes heat, energy, full bloom, abundance, richness, focus, clarity, mastery, maturity, and centering in yourself and everything around you.

The wonderful hormones

At ovulation, estrogen reaches its peak. Luteinizing hormone (LH) surges sharply, and follicle-stimulating hormone (FSH) also rises slightly. This marks the highest energy point of the cycle. The immune system is also strongest due to high estrogen levels.

What nourishes me during this time?

This is a perfect time to try new things and take on challenges. Attend events, nurture social connections, meet friends, and schedule important business appointments. You may notice improved memory and strong execution skills. Your body and mind respond very well to demanding activities such as Pilates, intense yoga practice, or high-ropes courses.

Heartfelt recommendation

Even though you feel full of inner summer power, be mindful with your energy. Maintain balance and avoid overextending yourself—such as over-planning, overspending, excessive social media use, or filling autumn/winter with too many commitments.

FOOD

A slightly higher carbohydrate intake is recommended to support ovulation: sweet potatoes, brown rice, quinoa, and starchy vegetables. Fatty fish such as wild salmon, sardines, mackerel, and tuna are beneficial, along with plenty of vegetables and low-sugar fruits like berries, apples, pears, and watermelon. Sprouts are also beneficial.

YOGA ASANAS

- Dancing
- Shaking meditations
- Shaking exercises
- Activate and feel leg strength, power, and focus
- Standing poses (warrior poses, horse stance) & backbends
- Preparatory Chaturanga & Chaturanga
- Flow practices
- Activate hands and feet (foot dorsum & soles)
- Stretching movements in standing poses
- Challenging practices, but with integrated meditation and breathwork
- Handstand / Headstand (only if well prepared!)
- Focus on standing postures

PLANTS & ESSENTIAL OILS

- Orange and ylang ylang for joy and sensuality
- Rose for heart opening
- Pepper and thyme for strength and clarity
- Chamomile for gentle regulation
- Lemongrass for energy and lightness

MUDRAS (focus on thumb & solar plexus)

- Agni Mudra - strengthens self-confidence
- Surya Mudra - boosts inspiration
- Dhyana Mudra - calms the mind

BREATHING TECHNIQUES / PRANAYAMA

- Kapalabhati (Shining Skull Breath)
- Fire Breath (Breath of Fire)
- Surya Bhedana (Sun-Piercing Breath)

RITUALS

- Dance rituals / shaking
- Shamanic drumming journeys
- Sweat lodge ceremonies
- Ice bathing
- A secret place (observe animals in silence)
- Drawing power animal cards



AUTUMN

Luteal phase (approx. day 19-26) / Element water

Autumn arrives, the leaves fall, and nature calls for withdrawal and inward turning. Energy gradually begins to retreat. The focus in this phase is strongly on self-care and prioritizing your own needs. This phase also invites you to let go of the “old.” Autumn offers the opportunity to connect with your deeper inner self. You become more sensitive, intuitive, and also more vulnerable—for example, comments or feedback that would have bounced off you in summer may now be felt much more deeply. Autumn is symbolized by cooling down, release, inward movement, and reflection.

The premenstrual phase is an important feedback phase of the month, where you should pay close attention to yourself. It reveals how you are truly doing—your stress levels, self-care, relationships, creative projects, and spirituality.

The wonderful hormones

Progesterone (the corpus luteum hormone, which supports the uterine lining) increases, while estrogen decreases. This leads to lower energy levels.

What nourishes me during this time?

During this premenstrual phase, it is essential to care for the body with love and gentleness. The body should be kept warm and supported with light and comfort. Chronic conditions may become more noticeable, the immune system is more sensitive, and pain tolerance decreases. Activities should be planned accordingly.

Heartfelt recommendation

Many PMS symptoms can be signs of exhaustion. Healthy nutrition, sufficient rest, plenty of sleep, gentle exercise, meditation, time in nature, self-care, soothing massages, warm baths, vaginal steaming, and reducing stress are of utmost importance.

Autumn is a time of reflection and evaluation, perfect for creative work.

Emerging feelings and emotions should not be suppressed but instead acknowledged and welcomed, as they may carry important messages.

Try to avoid strenuous mental and physical activities, too many social interactions, and making decisions purely from the mind that do not feel aligned with the body.

FOOD

During this phase, it is recommended to reduce salt intake, as salt can promote water retention in the premenstrual phase. Regular, nourishing meals can prevent cravings. It is advisable to avoid caffeine and simple carbohydrates (such as sugar, white flour, etc.).

Certain supplements such as vitamin D3, potassium, calcium, magnesium, and/or vitamin B6 may help with mood swings if a deficiency is present (this should always be checked beforehand). Additionally, chaste tree extract (*Vitex agnus-castus*) should be used with caution, as it may reduce libido and sexual desire. Other supportive herbs include silverweed (*Potentilla anserina*) and pasque flower (*Pulsatilla pratensis*), which may relieve premenstrual symptoms.

YOGA ASANAS

- Fascia work (yoga with balls, foam rollers)
- Tapping techniques
- Stretching exercises (spinal elongation)
- Extensive stretching practices
- Stretching hands and feet
- Asanas with yoga strap and blocks
- Hip-opening and circular femur movements
- Hamstring stretches (e.g. forward fold / "pike")
- Exercises with yoga strap
- Yoga with a hot water bottle!!!