

# INFRADIAN RHYTHM

This is your Infradian Rhythm Workbook. Use it to better understand your cycle and harness your power and inner guidance when working with your unique rhythm!

BY LAURA SALLIS



# Introduction

## WHAT IS THE INFRADIAN RHYTHM



According to psychiatrist Alexander Lapa of [Asana Lodge](#), the terms circadian derives from the Latin words "dian," meaning day, and "circa," meaning around. This means circadian translates to "around a day."

On the other hand, "infra" means beyond, so infradian translates to "beyond a day."

Essentially, an infradian rhythm is a bodily cycle that exceeds the circadian rhythm, or daily cycle, Lapa says.

The most commonly discussed human infradian rhythm is the menstrual cycle, however [seasonal affective disorder](#) can also be classified as infradian.

Using the concept of infradian rhythms can help you to understand and work with the monthly flow of your bodily cycles, including your menstrual cycle.

**BALANCE IS  
NOT  
SOMETHING  
YOU FIND, IT'S  
SOMETHING  
YOU CREATE**

— *Jana Kingsford*

# Section 1

## REFLECT UPON HOW YOU FEEL

Use a cycle app such as flo health to find out where you are in your cycle. Reflect upon how you feel in each phase below. This will help you understand which movement you prefer in my app too!

### DAYS 1-7 (MENSTRAUL PHASE)

FEELINGS

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### DAYS 7-12 (FOLLICULAR PHASE)

FEELINGS

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### DAYS 12-17 (OVULATORY PHASE)

FEELINGS

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# Section 1

## REFLECT UPON HOW YOU FEEL

Use a cycle app such as flo health to find out where you are in your cycle. Reflect upon how you feel in each phase below. This will help you understand which movement you prefer in my app too!

### DAYS 22-28 (LUTEAL PHASE)

FEELINGS

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# Section 2

## LET'S ASSESS

Take a look at your overall health below and where you're currently at, this will help you assess your current needs and any areas you would like to improve..

How will you rate the following

PHYSICAL

	Never	Rarely	Sometimes	Always
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have cravings at certain times of the month	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My hormones are balanced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Section 3

## PLANNING AHEAD

Reflect upon your feelings in section 1 and your assessment in section 2. From this create 3 goals you would like to achieve for yourself in relation to your health and movement.



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# Section 4

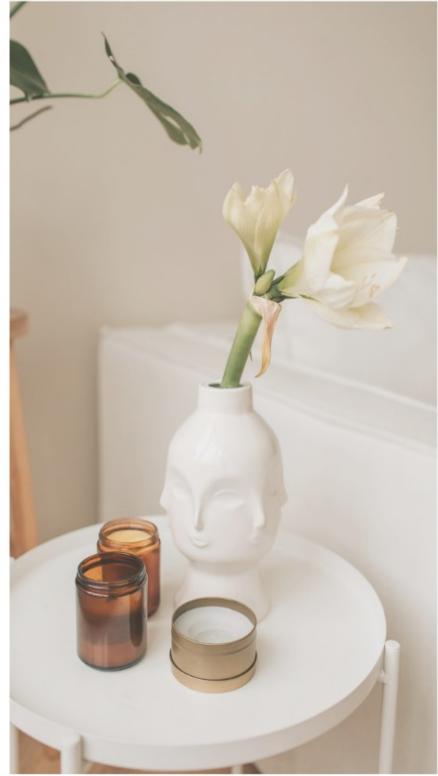
## CHECKLIST

### Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

### Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



Remember to aim for consistency and try to cover some of the things on your checklist. This will enable you to take care of yourself and start the New Year in the best way possible. You first.



# Section 5

## ACTION STEPS

Think of three action steps you can take towards a future version of yourself.

**1** How can you fit in more movement to your day?

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**2** How can you increase your energy and overall wellness?

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**3** What makes you feel joyful inside? what can you do more of?

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About  
THE AUTHOR  
LAURA SALLIS



I am a certified and experienced yoga teacher, barre teacher and wellness coach. I was fortunate to find yoga at the age of 21 and have spent years teaching hundreds of people, particularly women, its methodology and ethos. It is truly a beautiful practice which changed my life significantly and enabled me to process and heal through some tough life experiences. Hormonal imbalance has always affected me but the combination of yoga, wellness and barre has been transformational. I turn forty next year and this is the best I've ever felt! I was totally unaware of the Infradian rhythm and how it can impact on us and as soon as I became aware I knew I had to share the importance of movement for your cycle. It makes sense to harness our energy levels at the right time of the month to cultivate harmony and balance and foster a true sense of self. Tapping into moments when we feel able to power through and allowing ourselves to nourish and hibernate when necessary.

DO YOU NEED  
MORE HELP?  
[www.laurasallis.com](http://www.laurasallis.com)