



Free Guide for  
your best  
Festival  
Season 2025

*Flow With It*  
**A FESTIVAL GUIDE  
FOR WOMEN'S HEALTH**

Empower yourself with cycle wisdom and  
harm-reduction practices for a  
safe and joyful festival season.

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# Hi Sister LET'S HAVE FUN

Festival season is a time for joy, connection, and freedom — and taking care of your health should be part of that celebration. If you care about holistic wellness but also love to dance the night away and explore new experiences, this guide is for you.

Awareness of your menstrual cycle, your body's needs, and how different substances may affect you empowers you to enjoy yourself fully while staying safe.

Let's explore how you can honor your body, your energy, and your well-being at festivals — without compromising the fun.



Hi, I'm Selina — a yogini, menstrual cycle coach, and fellow festival lover. I created this guide to help you dance, rest, rise, and thrive. Let's flow with it.

*Selina*

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*This guide is for educational purposes only. It does not promote or encourage illegal substance use. Always make informed and responsible decisions. Everyone's body is unique; listen to yours.*

# Your Cycle AT THE FESTIVAL



## MENSTRUAL PHASE (DAY 1-6)

- **Mood:** Low energy, sensitive, prone to dehydration
- **Festival Tips:** Rest more, hydrate, honor your needs



## FOLLICULAR PHASE (DAY 7-13)

- **Mood:** Rising energy, optimism
- **Festival Tips:** Enjoy movement, pace yourself



## OVULATION (DAY 14-16)

- **Mood:** High confidence, social drive, higher risk-taking
- **Festival Tips:** Connect consciously, stay grounded



## LUTEAL PHASE (DAY 17-28)

- **Mood:** Mood swings, fatigue, cravings
- **Festival Tips:** Plan breaks, prioritize emotional support

Knowing your cycle phase helps you anticipate your energy levels and emotional needs — and navigate festivals more joyfully and safely.

✨ **Fun Fact:** During your follicular phase, your body may recover faster and handle physical exertion better thanks to higher estrogen levels — a little natural boost for all-night dancing!



# WOMEN, SUBSTANCES & THE MENSTRUAL CYCLE

## General Notes:

- Women's metabolism, body composition, and hormones influence how substances affect them (Becker & Koob, 2016).
- Estrogen fluctuations can heighten the effects of stimulants and alcohol (Quinlan et al., 2018).
- Dehydration risk increases around menstruation (Stachenfeld, 2008).

## Substance      Interaction with Women's Health

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**Alcohol**      During the luteal and menstrual phases, alcohol tolerance tends to be lower. This means you might get tipsy faster and feel hangovers more intensely. Blood sugar levels also fluctuate more, increasing the risk of emotional crashes (Mumenthaler et al., 1999). If you're on the pill, alcohol may stay longer in your system due to slower metabolism (Medical News Today, 2018).

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**MDMA (Ecstasy)**      Estrogen may enhance the intensity of emotional highs and subsequent lows. During menstruation, MDMA can increase the risk of dehydration and overheating, making it crucial to hydrate and rest regularly (Liechti, 2017).

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**Cannabis**      Emotional sensitivity is heightened during the luteal phase. Cannabis might feel stronger and potentially cause anxiety or overthinking, even if you normally tolerate it well (Cuttler et al., 2016). No strong evidence cannabis impairs birth control—but THC + estrogen may amplify THC's effects (Healthline, 2025)

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**Cocaine**      Some studies suggest increased reward sensitivity during ovulation, meaning the "high" may feel more intense, possibly leading to overuse or impulsive decisions (Carroll et al., 2004).

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**Psychedelics (LSD, Psilocybin)**      Although research is limited, anecdotal evidence suggests experiences can be deeper and more emotional during the luteal phase. If trying psychedelics, ensure emotional support is nearby.



## SUMMARY

Hormonal shifts impact not just how much you feel a substance, but how you emotionally and physically react. Plan ahead, tune into your phase, and prioritize hydration, nutrition, and emotional support.

There hasn't been much research on this topic yet, so trust your own experience and limits.

And: Sharing your experience helps raise awareness and grow our collective knowledge.

## GENERAL HEALTH TIPS

- Stay hydrated throughout the event.
- Eat nourishing, balanced meals.
- Listen to your body — rest when needed.
- Plan for menstrual care: bring supplies, wet wipes, and backups.

## SUBSTANCE-SPECIFIC SAFETY REMINDERS:

- If using substances, test them where legal.
- Start low and go slow; hormone shifts affect reactions.
- Avoid mixing substances unless you deeply understand the risks.
- Use a buddy system for safety.

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# PERIOD HYGIENE AT FESTIVAL

*Going to a festival while on your period?  
You're not alone — and you don't have to choose between flow and fun.*

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WITH A BIT OF PREP, MANAGING  
YOUR CYCLE AT A FESTIVAL CAN  
FEEL TOTALLY DOABLE  
(EVEN SACRED!)

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## 1. Know Your Flow

Track your cycle ahead of time so you're not caught off guard. If your period is due around the event, pack accordingly — even if it's just a "just in case" kit.

## 2. Choose Your Products Wisely

- Menstrual cups or discs: Eco-friendly, low-waste, and can last up to 12 hours.
- Reusable pads or period underwear: Comfy and less irritating in hot weather.
- Tampons/pads: More accessible, but you'll need to carry spares and dispose of them hygienically.

Pack what makes you feel secure. If you're unsure about facilities, bring a mix.

## 3. Be prepared for Waste Management

Not all festivals have ideal toilets. Bring:

- Sealable wet bags or compostable dog-poo bags for used products.
- A bottle of water or wipes to rinse your hands/cup if sinks aren't close.
- Hand sanitizer and biodegradable wipes for freshening up.

## 4. Clothing Hacks

Opt for dark-colored, loose, breathable clothing. Flowy dresses, comfy jumpsuits, or high-waisted shorts with supportive underwear can help you feel more at ease.

## 5. Sacred Flow Rituals

You can turn your period into a grounding part of the festival:

- Take a few minutes to journal how you feel each day.
- Carry a small grounding crystal or wear something red.
- If you're camping with others, consider creating a little space to rest and reflect.



**YOUR BODY IS  
ALREADY TUNED  
INTO ITS *own beat*  
HONOR IT, AND  
YOU'LL *dance* EVEN  
HARDER.**

# FESTIVAL CHECKLIST

## *Body & Soul Care*

### Pre-Festival Prep

Know your current cycle phase*
Pack nourishing snacks (Energy Balls, Nuts, Hummus & Veggies, (Dried) Fruits and PB, pack Electrolytes
Consider noise-canceling earplugs or sunglasses if you become sensory-sensitive before/during period
Bring enough menstrual care supplies
Make a backup plan in case you need to rest, retreat, or leave early
Pack your Komfort-Kit: comfy clothes, Tee, Wipes, Warm-Water Bottle/Stripes

### On-Site Essentials

Practice substance safety
Stay hydrated
Pack disposable hygiene essentials (wipes, sanitizer, small towel)
Plan emotional check-ins with friends

### Mind-Body Connection

Practice gentle movement (prevent cramps)
Incorporate mindfulness (meditation, deep slow breathing)

### Post-Festival Considerations

Expect possible cycle delays (stress, travel, routines, substances)
Keep tracking your cycle - Log any post-festival symptoms like delayed periods, cramps, mood shifts
Share your experience with us :) @yinyangyogini

**\*Keep a Cycle Tracker: You can [Download your Free Cycle Tracker here!](#)**



- Becker, J. B., & Koob, G. F. (2016). Sex Differences in Animal Models: Focus on Addiction.
- Quinlan, M., et al. (2018). Sex differences in alcohol-induced impairments of balance and cognitive performance.
- Mumenthaler, M. S., et al. (1999). Menstrual cycle phase and response to alcohol.
- Liechti, M. E. (2017). Modern Clinical Research on MDMA (Ecstasy).
- Cuttler, C., Mischley, L. K., & Sexton, M. (2016). Sex differences in cannabis use patterns and effects.
- Carroll, M. E., et al. (2004). Sex and estrous cycle effects on acquisition of cocaine and heroin self-administration in rats.
- Stachenfeld, N. S. (2008). Sex hormone effects on body fluid regulation.

 Germany

- Öko-Test: Analysis of tampons for harmful substances. [🔗 Tampons im Test](#)
- Öko-Test: Investigation into heavy metals in tampons. [🔗 Schwermetalle in Tampons](#)
- Stiftung Warentest: Comparison of menstrual cups and tampons. [🔗 Menstruationstassen und Tampons im Test](#)
- Stiftung Warentest: Evaluation of period underwear for harmful substances. [🔗 Menstruations-Slips im Test](#)

 United Kingdom

- Women's Environmental Network (WEN): Campaign highlighting hidden plastics and toxins in menstrual products. [🔗 Environmenstrual Campaign](#)
- WEN: Report on undisclosed carcinogens and reproductive toxins in tampons. [🔗 Tampon Testing Reveals Toxins](#)

 United States

- Women's Voices for the Earth (WVE): Timeline of chemical testing in period products. [🔗 What's in Period Products?](#)
- WVE: Report on toxic heavy metals found in tampons. [🔗 Heavy Metals in Tampons](#)
- Mamavation: Lab results showing PFAS in period underwear. [🔗 PFAS in Period Underwear](#)
- Mamavation: Testing of sanitary pads and panty liners for PFAS. [🔗 PFAS in Sanitary Pads](#)

These resources provide valuable insights into the safety and composition of menstrual products, helping you make informed choices.

KNOWING OUR CYCLE ISN'T  
A LIMIT — IT'S THE *rhythm*  
 THAT SETS US FREE  
TO *dance, rest* AND *rise.* 

THANK YOU THANK YOU



**SELINA**  
Yoga for Women &  
Menstrual Cycle  
Awareness

When we tune into our rhythm, we don't restrict ourselves — we align with who we truly are. At festivals, this harmony lets us dance freely, rest deeply, and savor every moment without compromise.

If this guide resonated with you, there's more waiting. I help women tune into their cycle — to work, create, party, and rest with purpose. If you're ready to align deeper with your flow, let's connect.

See you under the stars, in rhythm 🌙

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