



Free Guide for
your best
Festival
Season 2026

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 XO

SCLAIMER DISCLAIMER DISCLAIMER DISCLAIMER DISCLAIMER

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

✦ **Energy and your cycle:** *Some women feel more energetic and recover faster around ovulation; others notice little change. The largest research review on cycle phase and physical performance found only a trivial difference between phases, with large individual variation (McNulty et al., 2020). Track your own pattern instead of expecting a fixed boost.*



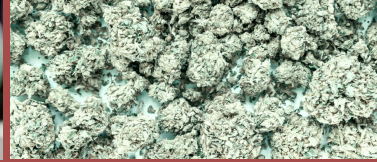
WOMEN, SUBSTANCES & THE MENSTRUAL CYCLE

Substance	What the evidence actually shows	Practical guidance
Alcohol	The menstrual cycle does not reliably change how your body processes alcohol or how impaired you get per drink. Pharmacokinetic and subjective-effect studies find no consistent phase difference. The real difference is between women and men: women reach a higher blood-alcohol level per drink (less body water, lower gastric alcohol breakdown) and develop alcohol-related harms faster. Recent 2025 data suggests craving and attention toward alcohol rise in the late follicular phase around ovulation, which may increase how much you drink rather than how each drink hits.	• Pace yourself by amount, not by cycle phase. • Eat before and during, and alternate with water. • Expect the same drink to affect you more than it would a male friend of similar size.
Cannabis	Controlled studies do not show cannabis being pharmacologically stronger in any one phase. Women are more sensitive to cannabis than men overall. Many women use more around the premenstrual phase to manage low mood, which can amplify anxiety and overthinking.	• Start low, especially if your baseline mood is already low. • Notice whether you are using to feel good or to avoid feeling bad.



WOMEN, SUBSTANCES & THE MENSTRUAL CYCLE

Substance	What the evidence actually shows	Practical guidance
MDMA (Ecstasy)	Women face a markedly higher risk of hyponatremia (dangerously low blood sodium from drinking too much water). Estrogen amplifies this risk - remember your levels are higher before and around Ovulation. Women also report stronger subjective and adverse effects, while being less prone to overheating than men.	• Sip water in moderation: roughly 250 to 500 ml per hour, more only if actively dancing and sweating, and never large amounts at once. • Add electrolytes and salty snacks. • Take cooling breaks.
Cocaine and other stimulants	The one clear cycle effect of any substance: stimulant effects are stronger in the follicular phase (your period through ovulation, when progesterone is low) and blunted in the luteal phase, when progesterone rises. A stronger high can pull toward overuse and impulsive decisions.	• Be aware the same dose can feel more intense earlier in your cycle. • Set limits before you start, not during.
Psychedelics (LSD, Psilocybin)	Controlled data shows no established sex or cycle-phase difference in the acute experience. An estrogen-serotonin mechanism is plausible and under active study, but not confirmed for the trip itself.	• Set, setting and a trusted, sober support person matter far more than cycle timing.



WOMEN, SUBSTANCES & THE MENSTRUAL CYCLE

WHAT TO REMEMBER

- Your sex matters more than your cycle phase for how substances affect you (Becker & Koob, 2016).
- For most substances — alcohol, cannabis, caffeine, nicotine, opioids — effects don't change reliably across your cycle (Turner & de Wit, 2006).
- The exception is stimulants like cocaine: stronger in the follicular phase, when progesterone is low (Evans et al., 2002).
- On the pill, patch or ring? Your hormones stay flat, so the phase notes mostly don't apply.

STAY SAFE

- Test where legal, start low, go slow, and use a buddy system.
- Risky mixes: alcohol with MDMA or stimulants (dehydration, heart strain); MDMA with antidepressants (serotonin syndrome); stimulants with alcohol (you drink far more than you realize).

LOOK AFTER YOUR BODY

- Hydrate in balance — too little and too much water are both dangerous. Steady, moderate intake with electrolytes.
- Eat well, rest when you need to, and pack your period supplies.



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.*

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

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. Some Festivals even offer spaces for Menstruators. (Immergut & Glastonbury)



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 fruit, peanut butter) plus 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
	ack a comfort kit: comfy clothes, tea, wipes, a hot-water bottle or heat patches.

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!**



REFERENCES REFERENCES REFERENCES REFERENCES REFERENCES

- Garcia et al. (2025), Addiction. Review of MDMA and hyponatremia; documents the female-specific risk and estrogen mechanism.
- McNulty et al. (2020), Sports Medicine. Meta-analysis of 73+ studies; cycle phase has at most a trivial effect on performance; no conflicts of interest.
- Turner & de Wit (2006), Drug and Alcohol Dependence. Anchor review; only stimulants vary reliably by cycle phase.
- Kentucky alcohol studies (2025), Alcohol: Clinical and Experimental Research. NIAAA-funded, no conflict of interest; alcohol impairs working memory less in the late follicular phase (n=75); craving/cue salience higher in late follicular (n=50).
- Shadani et al. (2024), Endocrinology. Sex differences in psychedelic response; notes no established sex difference in acute effects to date.
- Evans et al. (2002); cocaine subjective and cardiovascular effects greater in the follicular than luteal phase.
- California Poison Control series (Ann Emerg Med, 2006): female sex linked to roughly four times the odds of ecstasy-associated hyponatremia.

RESOURCES RESOURCES RESOURCES RESOURCES RESOURCES RESOURCES

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 THANK YOU THANK YOU THANK YOU 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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