



**YOGA CLASSES
FOR INFERTILITY**

YOGA
BEFORE, DURING & AFTER PREGNANCY



IMPORTANCE OF "YOGA" FOR WOMEN

YOGA is one of the most popular word of the present world. Through yoga one can improve her/his physical, mental, emotional, intellectual and spritual stage. In the modern living "yoga" is said to be the best curative and preventive medicine.

YOGA is beneficial to both man and woman but woman need yoga even more than man as the responsibilities thrust upon them by nature are greater than men. They have to undergo three important stages in life-menstruation, pregnancy and menopause. In these stages physiological changes occur and in each of these a woman has to face

probelms and internal conflicts. These affects her physical and physiological organs as well as her mind and much of her energy is lost in coming to terms with life during these periods of change. If she choose to adopt *yogasana* and *pranayama* as part of her life , she can bring perfect balance in body and mind.



START "YOGA" WITH 2 OR 3 TIMES A WEEK

Yoga is amazing—even if you only practice for one hour a week, you will experience the benefits of the practice. If you can do more than that, you will certainly experience more benefits. I suggest starting with two or three times a week, for an hour or an hour and a half each time. If you can only do 20 minutes per session, that's fine too. Don't let time constraints or unrealistic goals be an obstacle—do what you can and don't worry about it. You will likely find that after awhile your desire to practice expands naturally and you will find yourself doing more and more.



PRACTICE YOGA FOR GETTING CONCEPTION



YOGA

YOGA therapy is expressive natural & safe. Yoga helps in improving balance, flexibility & strength. Yoga enhances fertility in women by increasing blood flow to uterus, ovaries & hormone producing gland pituitary.

Yoga therapy helps in softening the abdominal region & removes any kind of tension around the area of uterus, ovaries & fallopian tubes. Yoga stretches the abdominal region which increases the blood flow to the reproductive organs.

Majority of infertility problems of women like lack of ovulation, PCOS, endometriosis & fibroids are linked to hormonal problems & poor dietary choices.

Stress is a major cause of infertility & it interferes in ovulation in women & sperm production in men. The practice of yoga can control stress & correct hormone imbalance.

Yoga positions increases the second chakra's energy flow which is called as the seat of creation, where the reproductive organs are present.

If you are already undergoing treatment for infertility, by combining yoga with your regular treatment, you can speed up your conception & get pregnant faster.

Practice yoga for getting conception.

- Yoga is not a theory.
- Yoga is not a medicine.
- Yoga is a spiritual practice.

You can conceive & get pregnancy if you practice yoga with a spiritual mind.

Here are eight yoga postures for increasing fertility.

ALTERNATE NOSTRIL BREATHING (NADI SHODHAN PRANAYAMA)

The Alternate nostril breathing technique helps calm your mind and body by releasing the accumulated stress. It also helps purify the nadis (subtle energy channels), thus enabling smooth flow of prana. By de-stressing the mind and body, this pranayama lets you relax, making the body more fertile and approach the process of conception with a fresh perspective.



BEE BREATH (BHRAMARI PRANAYAMA)

The Bee breath instantly relieves the body of tension, anger and anxiety. The chances of conception are better with a more relaxed body and mind.



SEATED FORWARD BEND (PASCHIMOTTANASANA)

Seated forward bend (The Seated forward bend stretches the lower back, hamstrings and hips. It also stimulates the uterus and ovaries and can help in conceiving. The level of fertility improves with this pose as it also relieves stress and depression.





STANDING FORWARD BEND (HASTAPADASANA)

The Standing forward bend stretches all the muscles of the back and improves the blood supply to the nervous system and pelvic region. It also makes the spine more flexible. This stretch helps relieve stress from the abdomen region.

ONE-LEGGED FORWARD BEND (JANU SHIRSHASANA)

The One-legged forward bend strengthens the back muscles, which is very useful during pregnancy.



BUTTERFLY POSE (BADDHA KONASANA)

The Butterfly pose stretches the inner thighs, groins and knees. It improves the flexibility in the groin and hip region. It is also known to help ensure a smooth delivery if practiced regularly till late pregnancy.





LEGS UP THE WALL POSE (VIPARITA KARANI)

This particular pose stretches the back of the neck, front torso and back of the legs. It is also very effective to relieve tired legs and feet. This pose also helps relieve the body of backache and improves the flow of blood to the pelvic region. Relaxing in this posture after coitus increases the chances of conception, even with a decent fertility rate.

YOGIC SLEEP (YOGA NIDRA)

Yoga Nidra, literally translated as yogic sleep, helps attain a state of equilibrium in the body and mind. This relaxing pose has the power of uplifting the state of mind and making one more optimistic in their approach. Though this meditative state of sleep does not improve the level of fertility, it certainly puts you at ease and is very useful for couples who wish to start a family.



BENEFITS OF YOGA DURING PREGNANCY

- Improves sleep.
- Reduces stress and anxiety.
- Increases the strength, flexibility and endurance of muscles needed for childbirth.
- Decreases low back pain, nausea, carpal tunnel, syndrome, headache and shortness of breath.
- Decreases the risk of preterm labor, pregnancy induced hypertension and intrauterine growth restriction, a condition that slows a baby's growth.

BENEFITS OF YOGA POST PREGNANCY

- Promotes weight loss.
- Improves cardiovascular fitness.
- Restores muscle strength.
- Conditions abdominal muscles.
- Boosts energy level.
- Improves mood.
- Relieves stress.
- Help prevent and promote recovery from postpartum depression.



PRECAUTIONS

- Inform yoga teacher about the duration of your pregnancy. Your yoga may have to be customized according to duration of pregnancy. Don't do asanas (poses) on your back after 28 weeks of pregnancy.
- Avoid poses that stretch the muscles too much, particularly the abdominals. You're more at risk for strains, pull and other injuries right now because the pregnancy hormone 'relaxin', which allows the uterus to expand, also softens connective tissue.
- From the second trimester onwards, when your center of gravity really starts to shift, all standing poses should be done with your heel to the wall or use of a chair for support. This will avoid losing your balance and injury to yourself or your baby.
- You should drink water before and after yoga. Eat something light (banana, a piece of toast) before coming to yoga classes.
- When practicing twisting poses, twist more from the shoulder and back than from the waist, to avoid putting any pressure on your abdomen. Go only so far in the twist as feels comfortable. Deep twists are not advisable in pregnancy.
- Listen carefully to your body. If you feel any discomfort, stop. Sit or lie down and practice simple relaxed breathing.

Institute of Human Reproduction

Bharulumukh, Guwahati - 781 009, Assam
Ph : 0361-2482 619 / 21, 09864103333
Email : info@ihrindia.com | www.ihrindia.com