

# Fertility yoga poses

These fertility yoga poses are designed to reduce stress, improve circulation, and balance the reproductive system, which are crucial for enhancing fertility. Integrating these poses into your daily routine can help create a healthy environment for conception. Download this PDF for easy access to these poses, and incorporate them into your fertility journey!

## Supta Baddha Konasana (Reclining bound angle pose)

**How to do it:** Sit with your legs extended, then bring the soles of your feet together and allow your knees to open to the sides. Lean back onto your elbows or lie completely flat on your back with your arms by your sides.

**Benefits:** This pose helps open the hips, increase circulation to the pelvic region, and reduce stress.



## Viparita Karani (Legs up the wall pose)

**How to do it:** Lie on your back with your legs extended up the wall, keeping your hips close to the wall. Place your arms at your sides or overhead in a relaxed position.

**Benefits:** This inversion pose helps improve circulation and encourages blood flow to the reproductive organs. It also promotes relaxation and reduces anxiety.



## Setu Bandhasana (Bridge pose)

**How to do it:** Lie on your back with your knees bent and feet flat on the floor. Press your feet into the floor as you lift your hips towards the sky, creating a bridge with your body. Keep your arms at your sides, palms facing down.

**Benefits:** This pose strengthens the lower back, opens the hips, and stimulates the thyroid, which plays a crucial role in fertility.





## Uttanasana (Standing forward bend)

**How to do it:** Stand with feet hip-width apart. Inhale to lengthen your spine, then exhale and fold forward, bringing your head towards your knees and your hands to the floor or your shins. Let your head and neck relax.

**Benefits:** This pose promotes relaxation, stimulates the ovaries, and increases blood flow to the pelvic region.

## Ananda Balasana (Happy baby pose)

**How to do it:** Lie on your back and bring your knees to your chest. Grab the outside of your feet with your hands, gently pulling your knees towards the floor, keeping your feet flexed.

**Benefits:** This pose opens the hips, massages the pelvic area, and relieves tension in the lower back.



## Balasana (Child's pose)

**How to do it:** Start in a kneeling position with your knees wide apart. Fold forward, bringing your forehead to the floor and stretching your arms out in front of you. Relax in this pose for several breaths.

**Benefits:** A restorative pose that helps relieve tension in the back, hips, and shoulders, and promotes relaxation.



## Malasana (Garland pose)

**How to do it:** Stand with your feet slightly wider than hip-width apart and squat down, bringing your hips toward the floor while keeping your chest lifted. Place your elbows on the insides of your knees and press your palms together in a prayer position.

**Benefits:** This deep squat stretches the hips, opens the pelvic region, and encourages healthy circulation.

## Paschimottanasana (Seated forward fold)

**How to do it:** Sit with your legs extended straight in front of you. Inhale to lengthen your spine, and exhale as you fold forward, bringing your chest toward your thighs. Reach for your feet or shins.

**Benefits:** This pose stretches the hamstrings, stimulates the ovaries, and calms the nervous system.



## Pranayama (Breathwork)

**How to do it:** Sit in a comfortable position with your spine straight. Close your eyes and focus on your breath. Practice deep belly breathing, inhaling through the nose and exhaling through the mouth.

**Benefits:** Pranayama helps reduce stress, regulate hormones, and promote a calm, peaceful mind.

