
studio address
4459 Morrell Street
San Diego, CA 92109



mailing address
P.O. Box 4215
San Diego, CA 92164
Tel. (619) 261-6049

www.equilibriumtherapeutics.com

info@equilibriumtherapeutics.com

How Yoga can improve your Fertility

By Rachel Krentzman, RPT, RYT, CPI

Yoga Asana (postures) and Pranayama (breathwork) are instrumental in preparing the body, the mind and the spirit for conception. Yoga can increase your chances of conceiving by working on 3 different levels.

1. PHYSICAL

The physical benefits of yoga can be addressed through the postures (asana). The emphasis of the postures are to open up the hip and pelvic region in *both men and women* in order to break down any scar tissue and release tight musculature that can impede optimal circulation to the reproductive organs. Other postures work on creating strength in the pelvic floor area to prepare for childbearing and childbirth. All postures increase awareness of the body with special emphasis on the pelvic and abdominal region so that the practitioner can *feel* what is going on in his or her body and create more relaxed and receptive conditions for conceiving.

Recommended Asana:

- ❖ The Morning Series
- ❖ Hip Opening Series
- ❖ Mula Bandha – lifting the pelvic floor
- ❖ Standing Poses
- ❖ Viparita Karani Sequence

2. PHYSIOLOGICAL

The benefits of yoga go way beyond the physical form of the poses. Regular practice of the appropriate asana sequences create significant changes in the practitioner's physiology and work to restore *balance* where it is needed most. The two most important physiological effects are on the endocrine system and the nervous system.

Endocrine System: Responsible for hormone regulation and reproductive health.

Nervous System: Moving from a *sympathetic* (fight or flight) state to a *parasympathetic state* (which is *essential* for the reproductive system to work).

Recommended Asana:

- ❖ The 5 Tibetans – to stimulate the endocrine system
- ❖ Inversions (Sarvangasana – shoulder stand) for the pineal and thyroid gland
- ❖ Chest openers and Twists - for the adrenal glands
- ❖ Restoratives – to move towards a parasympathetic state

3. MENTAL / EMOTIONAL

This is the most important aspect to address when working to create a new life. The stress of trying to conceive can actually be the one thing that is preventing it from happening. Yoga works to bring calmness to the mind and emotions by bringing your attention to the breath and bringing you into the present moment. Its aim is to connect with your heart and inner wisdom in order to find the joy that is already there. In Yoga, we rediscover our sense of oneness with all things and learn tools to manifest what you want through visualization and imagery.

Recommended Asana/Pranayama/techniques:

- ❖ Ujjayi and Bhamari breath
 - ❖ Body Scan / Guided Imagery / Yoga Nidra
 - ❖ Increased awareness of the pelvis and internal organs
 - ❖ Letting go of the old and making way for the new
 - ❖ Preparing for baby/ Setting Intention
 - ❖ Meditation
-
-