



FERTILITY YOGA



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STANDING POSTURES

TADASANA:

Tadasana or the Palm Tree Pose is a good stretching and loosening exercise for the entire body. Tadasana stretches the arms, the chest, the abdominal muscles, the spine and the leg muscles along with giving a sense of balance.

How to do Tadasana?

- **Stand tall:** Keep your feet hip-width apart, with your big toes touching.
- **Ground yourself:** Distribute your weight evenly on both feet. Imagine your feet rooting down into the ground.
- **Align your body:** Keep your spine straight, shoulders relaxed, and neck elongated.
- **Engage your core:** Slightly tighten your abdominal muscles for support.
- **Breathe deeply:** Inhale and exhale slowly and deeply.
- **Hold the pose:** Maintain this position for a few breaths, focusing on your body alignment.



Benefits of Tadasana:

While Tadasana might seem like a simple pose, it offers several benefits that can indirectly support fertility:

- **Improved posture:** Correct posture is essential for overall well-being and can help alleviate stress, which can impact fertility.
- **Increased body awareness:** Tadasana helps you connect with your body, which is crucial for understanding your fertility signs and symptoms.
- **Strengthened core:** A strong core is essential for pregnancy and childbirth.
- **Reduced stress:** Stress can negatively affect fertility.

STANDING POSTURES

UTKATA KONASANA:

Utkata Konasana, or Goddess Pose, is a deep squat with feet turned out, knees bent, and arms raised, resembling a powerful goddess. It strengthens legs, hips, and core, while opening hips and improving balance.

How to do Utkata konasana?

- Stand with feet wider than hips, toes pointing slightly out.
- Bend knees deeply, lowering hips as if sitting in a chair.
- Keep back straight, chest lifted, and core engaged.
- Bring arms up, palms facing each other, elbows slightly bent.
- Hold for 30 seconds to a minute, breathing deeply.
- Slowly straighten legs to return to standing position.



Benefits of Utkata Konasana:

Utkata Konasana (Goddess Pose) offers several benefits that can indirectly support fertility:

1. **Improved blood flow:** It enhances circulation to the pelvic region, which is crucial for reproductive health.
2. **Strengthened core:** A strong core is essential for pregnancy and childbirth.
3. **Hip opening:** This pose can help improve flexibility in the hip area, which is beneficial during pregnancy and childbirth.
4. **Stress reduction:** Yoga, including Utkata Konasana, can help manage stress, a factor that can impact fertility.
5. **Body awareness:** Deepening your connection with your body through yoga can aid in understanding fertility signs and symptoms.

STANDING POSTURES

PADHAHASTHASANA

Padahasthasana is a deep forward fold where you bend forward from the hips, reaching for and grasping your feet. It stretches the hamstrings, calves, and spine, while also calming the mind.

How to do Padhahasthasana?

- Stand with feet hip-width apart.
- Exhale and fold forward from the hips, hinging at the waist.
- Relax your head and neck, letting them hang towards the floor.
- Aim to touch your toes, shins, or ankles with your hands.
- If you can't reach, bend your knees slightly.
- Hold for 30 seconds to a minute, breathing deeply.



Benefits of Padhahasthasana:

Padahasthasana (Standing Forward Fold) offers several fertility-supporting benefits:

1. **Improved blood flow:** It increases blood circulation to the pelvic region, essential for reproductive health.
2. **Stress reduction:** Yoga poses like this help calm the mind and reduce stress, known to impact fertility.
3. **Hormonal balance:** Regular practice can help balance hormones, crucial for fertility.
4. **Improved digestion:** Good digestion is linked to overall health, including reproductive health.

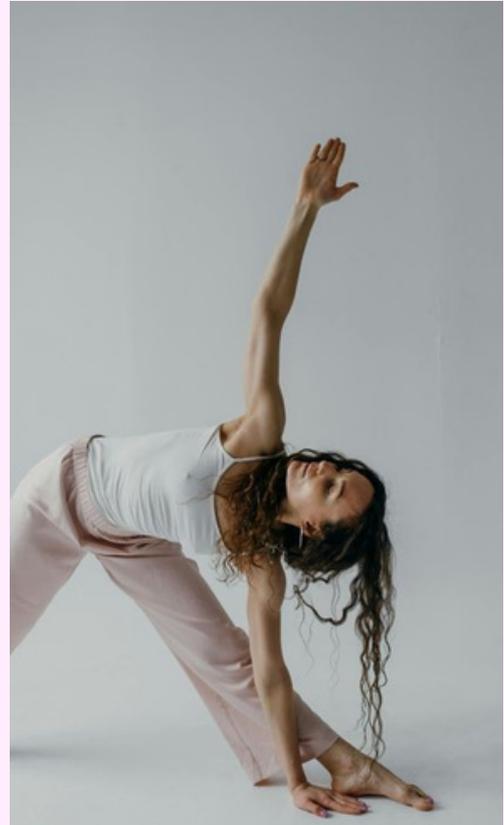
STANDING POSTURES

TRIKONASANA:

Trikonasana, or Triangle Pose, is a standing pose where you extend one leg and reach towards the opposite foot, forming a triangle with your body. It stretches the legs, hips, and spine, improving balance and flexibility.

How to do Trikonasana?

- Stand with feet wide apart, left foot turned out 90 degrees, right foot slightly inward.
- Extend arms parallel to the floor.
- Exhale, bend right side, reaching right hand towards right ankle or floor.
- Extend left arm upward, aligning with shoulder.
- Gaze up at left hand, keeping hips squared.
- Hold for 30 seconds, then repeat on other side.



Benefits of Trikonasana:

Trikonasana (Triangle Pose) offers several benefits for fertility:

- **Improved blood circulation:** It enhances blood flow to the pelvic region, crucial for reproductive health.
- **Stress reduction:** Yoga poses like this can help manage stress, a known factor affecting fertility.
- **Hormonal balance:** Regular practice can help balance hormones, essential for fertility.
- **Hip and spine health:** Improves flexibility in these areas, beneficial for pregnancy and childbirth.
- **Core strength:** Stronger core muscles support overall body function, including reproductive health.
- **Body awareness:** Deeper connection with your body aids in understanding fertility signs.

STANDING POSTURES

KATI CHAKRASANA:

Katichakrasana, or Standing Spinal Twist, involves twisting your torso from side to side while standing, with feet grounded and legs straight. It improves spine flexibility, digestion, and overall posture.

How to do Kati Chakrasana?

- Stand with feet shoulder-width apart, arms extended forward.
- Exhale, twist torso to the right, placing right hand on left hip.
- Left hand reaches back, touching right hand or lower back.
- Gaze over right shoulder, keeping hips square.
- Hold for 30 seconds, breathing deeply.
- Repeat on the other side.



Benefits of kati Chakrasana:

Katichakrasana (Standing Spinal Twist) offers several benefits that can indirectly support fertility:

1. Improved digestion: Twisting poses like this aid digestion, essential for overall health.
2. Stress reduction: It helps calm the mind and reduce stress, known to impact fertility.
3. Spine health: Regular practice improves spine flexibility, beneficial for overall well-being.
4. Body awareness: Deepening connection with your body aids in understanding fertility signs.
5. Improved posture: Correct posture can positively impact overall health.

SITTING POSTURES

PARVATHASANA:

Seated Parvatasana involves sitting with legs crossed or extended, spine straight, and arms raised overhead with palms joined, resembling a mountain. It stretches the spine, improves posture, and calms the mind.

How to do Parvathasana?

- Sit comfortably with legs crossed or extended.
- Inhale, raise arms overhead, palms together.
- Stretch spine upwards, reaching towards the sky.
- Keep shoulders relaxed, neck elongated.
- Hold for 30 seconds, breathing deeply.
- Exhale, lower arms slowly.



Benefits of Parvathasana:

Seated Parvatasana (Seated Mountain Pose) offers several benefits that can indirectly support fertility:

- 1.Improved posture: Correct posture is essential for overall well-being and can help alleviate stress.
- 2.Stress reduction: Yoga poses like this promote relaxation and stress reduction, known to impact fertility.
- 3.Spine health: Stretching the spine improves flexibility and can alleviate tension.
- 4.Lung capacity: Deep breathing engaged in this pose can improve lung capacity, leading to better oxygenation.
- 5.Body awareness: Deeper connection with your body aids in understanding fertility signs.
- 6.Mental clarity: A calm mind can positively impact overall health, including reproductive health.

SITTING POSTURES

GOMUKHASANA:

Gomukhasana, or Cow Face Pose, is a seated pose involving intricate leg and arm positioning. It stretches hips, shoulders, and spine, improving flexibility and posture, while calming the mind.

How to do Gomukhasana?

- Sit with legs extended, then bend knees and bring feet close to hips.
- Place left foot under right thigh, right foot over left knee.
- Raise right arm, bend elbow, reach back and grab right hand with left hand.
- Raise left arm, bend elbow, reach back and grab left hand with right hand.
- Interlace fingers behind back, if possible. Hold for 30 seconds.
- Release hands, legs, and return to starting position. Repeat on other side.



Benefits of Gomukhasana:

Gomukhasana (Cow Face Pose) offers several benefits that can indirectly support fertility:

- Improved hip and shoulder flexibility: These areas are crucial for a comfortable pregnancy and childbirth.
- Stress reduction: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.
- Core engagement: The pose helps strengthen the core, essential for pregnancy and postpartum recovery.
- Improved posture: Correct posture is essential for overall well-being and can help alleviate stress.
- Body awareness: Deeper connection with your body aids in understanding fertility signs.

SITTING POSTURES

USHTRASANA:

Ustrasana, or Camel Pose, is a deep backbend where you kneel, with hands on heels or lower back, arching your spine while lifting your chest. It opens the chest, improves spinal flexibility, and strengthens the back.

How to do Ushtrasana?

- Kneel on the floor, knees hip-width apart.
- Place hands on lower back, fingers pointing downwards.
- Inhale, lift chest, arching back gently.
- Exhale, place hands on heels or ankles if flexible.
- Drop head back, looking upwards.
- Hold for 30 seconds, breathing deeply.



Benefits of Ushtrasana:

Ustrasana (Camel Pose) offers several benefits that can indirectly support fertility:

- Improved blood flow: It increases blood circulation to the pelvic region, crucial for reproductive health.
- Spine flexibility: A flexible spine supports overall body function, including reproductive health.
- Chest opening: Improves lung capacity and oxygenation, beneficial for overall health.
- Stress reduction: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.
- Hormonal balance: Regular practice can help balance hormones, essential for fertility.

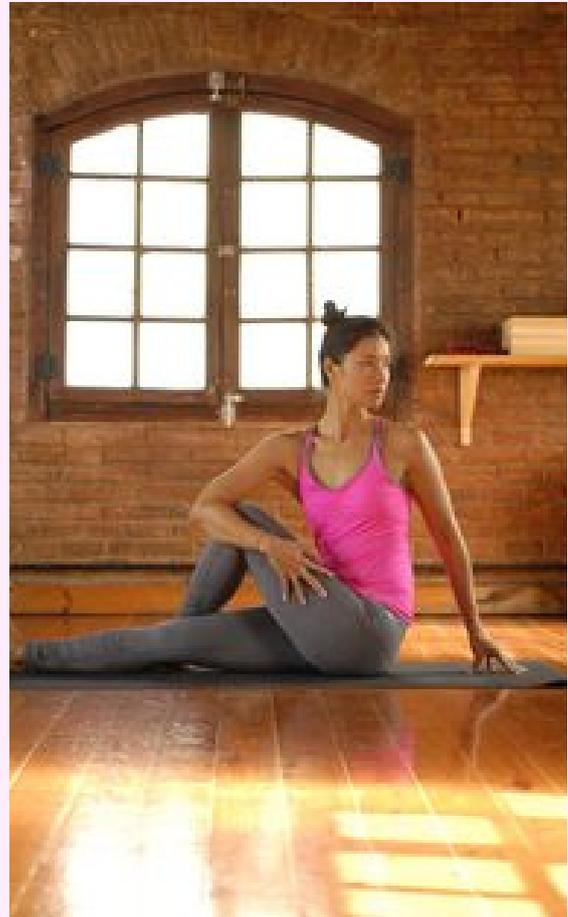
SITTING POSTURES

VAKRASANA:

Vakrasana, or Spinal Twist, involves sitting with legs crossed, twisting your torso to one side, placing one hand on the opposite knee and the other behind you, gently squeezing your spine.

How to do Vakrasana?

- Sit with legs extended, then bend right knee, placing right foot outside left knee.
- Place left hand behind back, right hand on right knee.
- Inhale, lift spine, exhale, twist torso right, looking over right shoulder.
- Hold for 30 seconds, breathing deeply.
- Release pose, straighten legs, repeat on other side.
- Return to starting position.



Benefits of Vakrasana:

Vakrasana (Spinal Twist) offers several benefits that can indirectly support fertility:

- Improved digestion: Twisting poses stimulate digestive organs, essential for overall health.
- Spine health: It improves spinal flexibility and reduces stiffness, contributing to overall well-being.
- Stress reduction: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.
- Organ stimulation: The twisting action can stimulate abdominal organs, including those related to reproductive health.
- Body awareness: Deeper connection with your body aids in understanding fertility signs.

SITTING POSTURES

JANU SHIRASANA:

Janu Sirsasana, or Head-to-Knee Pose, involves sitting with one leg extended and the other knee bent, folding forward to bring your head towards the extended leg's knee. It deeply stretches the hamstrings, hips, and lower back.



How to do Janu Shirasana?

- Sit with legs extended forward, spine straight.
- Bend left knee, placing left foot near right thigh.
- Exhale, fold forward from hips, reaching for right foot.
- If possible, hold right foot or ankle with both hands.
- Keep back straight, head towards knee.
- Hold for 30 seconds, breathing deeply. Repeat on other side.

Benefits of Janu Shirasana:

- Janu Sirsasana (Head-to-Knee Pose) offers several benefits that can indirectly support fertility.
- Improves digestion: Stimulates digestive organs, essential for overall health.
- Increases blood flow to pelvic region: Beneficial for reproductive health.
- Helps with menstrual discomfort: Can alleviate menstrual cramps and other related symptoms.

PRONE POSTURES



BHUJANGASANA:

Bhujangasana, or Cobra Pose, involves lying on your stomach, lifting your upper body using your hands, and arching your back like a cobra. It strengthens the spine, chest, and shoulders, while improving flexibility.

How to do Bhujangasana?

- Lie on your stomach, legs together, forehead on the ground.
- Place palms under shoulders, fingers pointing forward.
- Inhale, press palms into the ground, lifting chest and head.
- Keep hips and thighs on the ground, arching your back.
- Look straight ahead, avoid straining your neck.
- Hold for 15–30 seconds, breathing deeply. Lower body gently.

Benefits of Bhujangasana:

Bhujangasana (Cobra Pose) offers several benefits that can indirectly support fertility:

- Improved blood circulation: It increases blood flow to the pelvic region, crucial for reproductive health.
- Stimulates reproductive organs: Gentle pressure on the abdomen can stimulate reproductive organs.
- Strengthens the spine: A strong spine supports overall body function, including reproductive health.
- Opens the chest: Improves lung capacity and oxygenation, beneficial for overall health.
- Reduces stress: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.

PRONE POSTURES



MAKARASANA:

Padahasthasana is a deep forward fold where you bend forward from the hips, reaching for and grasping your feet. It stretches the hamstrings, calves, and spine, while also calming the mind.

How to do Makarasana?

- Lie flat on your stomach with your forehead resting on the mat.
- Place your right palm over your left palm on the ground.
- Place your head comfortably on the right palm.
- Stretch your legs as far as possible, toes pointing outwards.
- Relax your entire body.
- Breathe slowly and deeply for 2–5 minutes.

Benefits of Makarasana:

Makarasana (Crocodile Pose) is primarily a relaxation pose. While it doesn't have direct fertility benefits, it contributes to overall well-being, which can indirectly support fertility.

- Stress reduction: Makarasana is deeply relaxing, helping to reduce stress, a known factor affecting fertility.
- Improved sleep: Better sleep quality can positively impact hormone balance, crucial for fertility.
- Mental well-being: Relaxation can improve mental health, which is linked to fertility.

PRONE POSTURES

SHALABASANA:



Shalabhasana, or Locust Pose, involves lying on your stomach, lifting your chest, legs, and arms off the ground, resembling a locust in flight. It strengthens the back, buttocks, and legs, improving flexibility and posture.

How to do Shalabhasana?

- Lie on your stomach, forehead resting on the ground, arms by your sides.
- Place hands under thighs, palms facing down.
- Inhale, press palms into the ground, lifting chest and legs.
- Keep legs straight, toes pointed, head neutral.
- Hold for 15–30 seconds, breathing deeply.
- Exhale, lower body gently back to the ground.

Benefits of Shalabhasana:

Shalabhasana (Locust Pose) offers several benefits that can indirectly support fertility:

- Strengthens the back and core: A strong core is essential for pregnancy and childbirth.
- Improves posture: Correct posture is beneficial for overall health and well-being.
- Increases blood flow: Can enhance circulation to the pelvic region, supporting reproductive health.
- Boosts energy levels: Regular practice can increase energy levels, beneficial for overall health.

PRONE POSTURES



DHANURASANA:

Dhanurasana, or Bow Pose, involves lying on your stomach, holding your ankles and pulling them towards your head, arching your back like a bow. It deeply stretches the spine, chest, and abdomen, improving flexibility and strength.

How to do Dhanurasana?

- Lie on your stomach, arms by your sides, forehead on the ground.
- Bend your knees, reaching back to hold your ankles.
- Inhale, lift your chest and thighs off the ground.
- Pull your legs back, deepening the arch in your back.
- Keep your head lifted, looking straight ahead.
- Hold for 15–30 seconds, breathing deeply. Gently release.

Benefits of Dhanurasana:

Dhanurasana (Bow Pose) offers several benefits that can indirectly support fertility:

- Improved blood circulation: It enhances blood flow to the pelvic region, crucial for reproductive health.
- Stimulates reproductive organs: The deep backbend can stimulate the abdominal organs, including those related to reproduction.
- Strengthens core and back: A strong core is essential for pregnancy and childbirth.
- Improves flexibility: Increased flexibility can aid in a comfortable pregnancy and childbirth.
- Stress reduction: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.

SUPINE POSTURES



PAVANAMUKTHASANA:

Pawanamuktasana, or Wind-Relieving Pose, involves lying on your back, drawing your knees towards your chest, and grasping them with your hands, aiming to touch your forehead to your knees. It helps relieve gas and improves digestion.

How to do Pawanamuktasana?

- Lie flat on your back with your legs extended.
- Exhale and draw both knees towards your chest.
- Clasp your hands around your shins or knees.
- Gently pull your knees closer to your chest.
- Lift your head and try to touch your forehead to your knees.
- Hold for a few breaths, then release and relax.

Benefits of Pawanamuktasana:

Pawanamuktasana (Wind-Relieving Pose) while primarily a digestive pose, indirectly supports fertility:

- Improved digestion: Better digestion aids nutrient absorption, essential for overall health and fertility.
- Reduced bloating: Can alleviate bloating, improving comfort and overall well-being.
- Relaxation: The pose promotes relaxation, reducing stress, a known factor affecting fertility.
- Mild abdominal massage: The action can gently massage abdominal organs, improving their function.

SUPINE POSTURES



MATSYASANA:

Matsyasana, or Fish Pose, is a reclining backbend where you lie on your back, support your body with elbows, and lift your chest and head, resembling a fish. It opens the chest, stretches the neck, and improves breathing.

How to do Matsyasana?

- Lie on your back with legs extended, arms by your sides.
- Bend elbows, placing palms under your buttocks.
- Press elbows into the ground, lifting chest and head.
- Gently lower crown of your head to the floor.
- Keep legs relaxed, thighs on the ground.
- Hold for 15–30 seconds, breathing deeply. Gently release.

Benefits of Matsyasana:

Matsyasana (Fish Pose) offers several benefits that can indirectly support fertility:

- Opens the chest: Improves lung capacity and oxygenation, beneficial for overall health.
- Stretches the neck and thyroid: Helps to balance hormones, which is crucial for fertility.
- Stimulates abdominal organs: Gentle pressure on the abdomen can aid in digestion and overall organ function.
- Reduces stress: Yoga poses like this help calm the mind and reduce stress, known to impact fertility.

SUPINE POSTURES



VIPARITA KARANI:

Viparita Karani, or Legs-Up-the-Wall Pose, involves lying on your back with legs extended vertically against a wall, promoting relaxation, improving circulation, and relieving tired legs.

How to do Viparita Karani?

- Place your yoga mat against a wall.
- Sit sideways near the wall, with one hip touching it.
- Gently lower yourself onto your back, keeping your legs extended.
- Swing your legs up the wall, ensuring your hips are close to the wall.
- Relax your body, arms by your sides, palms facing up.
- Stay in this pose for 5–10 minutes, breathing deeply.

Benefits of Viparita Karani:

Viparita Karani offers several benefits that can indirectly support fertility:

- **Increased blood flow:** It enhances circulation to the pelvic region, crucial for reproductive
- **Reduced stress:** This pose promotes relaxation and stress reduction, known to impact fertility.
- **Hormonal balance:** It can help regulate hormonal functions, essential for ovulation.
- **Improved sleep:** Better sleep quality is linked to overall health and fertility.
- **Relieves fatigue:** Can help reduce physical and mental fatigue, improving overall well-being.

SUPINE POSTURES

SETUBANDHASANA:



Setu Bandhasana, or Bridge Pose, involves lying on your back, bending knees, lifting hips off the ground, and supporting your lower back with hands. It stretches chest, hips, and spine, strengthening back and legs.

How to do Setubandhasana?

- Lie on your back with knees bent, feet flat on the floor, hip-width apart.
- Place arms beside your body, palms down.
- Inhale, lift hips off the floor, rolling shoulders inwards.
- Interlace fingers under your back for extra support (optional).
- Keep thighs and feet parallel, knees aligned with ankles.
- Hold for 30 seconds, breathing deeply. Gently lower hips.

Benefits of Setubandhasana:

Setu Bandhasana offers several benefits that can indirectly support fertility:

- Improved blood flow: It increases blood circulation to the pelvic region, crucial for reproductive health.
- Stimulates reproductive organs: Gentle pressure on the abdomen can stimulate the ovaries and uterus.
- Relieves stress: This pose promotes relaxation, reducing stress, a known factor affecting fertility.
- Strengthens back and core: A strong core is essential for pregnancy and childbirth.
- Opens the chest: Improves lung capacity and oxygenation, beneficial for overall health.

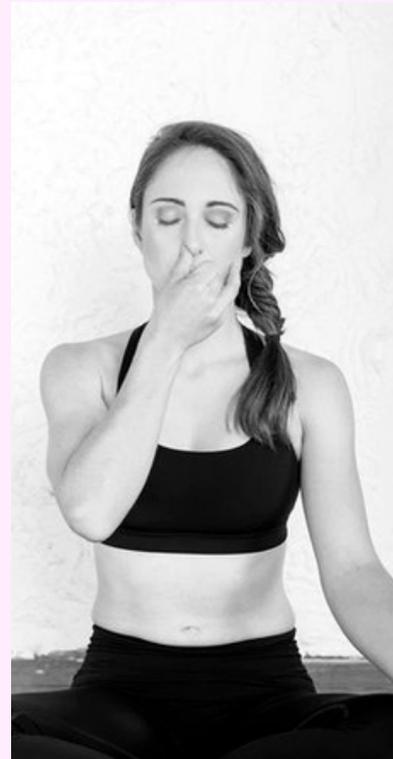
PRANAYAMA

ANULOMA- VILOMA/NADISHODANA:

Anuloma-Viloma or Nadi Shodhana is a breathing technique involving alternating nostrils. It balances energy channels, improves focus, reduces stress, and promotes relaxation. It's a fundamental practice in yoga and meditation.

How to do Anuloma-Viloma/ Nadishodhana?

- Keep your spine straight.
- Bring your right hand to your face. Curve your fingers so that your middle and index fingers touch your forehead, your thumb rests on your right nostril, and your ring and little finger on your left.
- Close your left nostril with your ring and little finger. Inhale through your right nostril.
- Close your right nostril with your thumb. Exhale through your left nostril.
- Inhale through your left nostril. Close it, open your right nostril, and exhale.
- Continue this cycle for several minutes. Gradually increase the duration of each breath.



Benefits of Anuloma-Viloma/ Nadishodhana :

Anuloma-Viloma/Nadi Shodhana can indirectly support fertility by:

- Balancing hormones: It regulates the endocrine system, influencing hormone production.
- Reducing stress: Stress negatively impacts fertility. This technique promotes relaxation.
- Improving blood circulation: Better blood flow to the reproductive organs is essential.
- Enhancing oxygenation: Increased oxygen supply supports overall bodily functions.

PRANAYAMA

BHRAMARI PRANAYAMA:

Bhramari Pranayama, or Bee Breath, is a calming breathing technique involving a humming sound produced during exhalation, resembling a bee. It soothes the nervous system, reduces stress, and improves focus.



How to do Bhramari Pranayama?

- Find a comfortable seated position. Close your eyes.
- Gently close your ears with your thumbs.
- Inhale deeply through your nose.
- Exhale slowly while making a humming sound like a bee.
- Focus on the vibration of the sound in your head.
- Repeat for several cycles.

Benefits of Bhramari Pranayama:

Bhramari Pranayama (Bee Breath) can indirectly support fertility by:

- Reducing stress: Stress is a major factor affecting fertility. This technique promotes relaxation.
- Balancing hormones: It helps regulate the endocrine system, influencing hormone production.
- Improving sleep: Better sleep quality is essential for overall health and fertility.
- Calming the mind: A calm mind supports emotional well-being, which impacts fertility.

PRANAYAMA

UJJAYI:

Ujjayi, or victorious breath, involves deep, diaphragmatic breathing through the nose with a slight constriction in the throat, creating a gentle, ocean-like sound. It calms the mind, increases focus, and regulates body temperature.

How to do Ujjayi?

- Find a comfortable seated position. Keep your spine straight.
- Close your mouth. Inhale and exhale through your nose.
- Slightly constrict the back of your throat. This creates a gentle hissing sound, similar to ocean waves.
- Maintain the constriction throughout the breath. Ensure the sound is consistent on both inhale and exhale.
- Focus on the length and depth of your breath. Aim for equal inhale and exhale durations.
- Practice regularly to refine the technique.



Benefits of Ujjayi:

Ujjayi Pranayama can indirectly support fertility by:

- Reducing stress: Stress is a major factor affecting fertility. Ujjayi promotes relaxation.
- Increasing oxygenation: Deeper breathing brings more oxygen to the body, supporting overall health.
- Improving focus: Mental clarity can aid in managing fertility-related stress.
- Balancing hormones: Regular practice can help regulate the endocrine system.

DHYANA/ DHARANA

DHYANA:

Dhyana is the natural progression of Dharana. It's a state of continuous, effortless flow of thought towards a single point.

- Build a strong Dharana practice: Consistent practice of concentration is essential.
- Let go of effort: As your concentration deepens, let go of the conscious effort to focus.
- Embrace stillness: Allow your mind to rest in the object of meditation without judgment.

DHARANA:

Dharana is the practice of focused concentration on a single point. It's the training wheel to meditation.

- Choose a focus point: This could be your breath, a mantra, a candle flame, or a specific body part.
- Sit comfortably: Find a quiet place to sit with your spine straight.
- Bring your attention to your chosen focus: Gently bring your mind back to the focus point whenever it wanders.



YOGA NIDRA



Yoga Nidra is a state of consciousness between waking and sleeping, often referred to as "yogic sleep." It's a guided meditation practice where you lie down and systematically relax your body and mind.

It's a deep relaxation technique that involves moving your awareness inward, focusing on different parts of the body, sensations, and emotions. The goal is to reach a state of profound relaxation and awareness, similar to sleep but with conscious presence.



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Disclaimer

This PDF is intended for informational purposes only and is based on references from Yoga Journal and the WHO-CC – TM (Yoga)-IND 118 guidelines on Yoga for Women of Reproductive Age. It is not a substitute for professional medical advice, diagnosis, or treatment.

Yoga postures should be practiced with caution and under the guidance of a qualified yoga instructor.

Individuals with specific medical conditions should consult their healthcare provider before starting any new exercise regimen.

Do not push yourself beyond your physical limitations. Listen to your body and modify poses as needed.



THANKYOU

