

# ॐ YOGA FLOW FOR FERTILITY & EMOTIONAL BALANCE

## INTRO:

According to the center for disease control, over seven million American women face infertility. The stress infertility and treatments place on a woman's body, a couple's relationship and the couple or individual's emotional health is profound. Yoga helps release tension, balance emotions, and improve blood flow. I have compiled a practice of breath, postures and meditation to balance the mind and draw fresh blood and oxygen to the uterus. If you are undergoing IVF or IUI, please note what breath/postures should not be practiced post-implantation. Check with your doctor before beginning a new practice.

## BREATHING EXERCISES

- Dirgha: three-part (great for physical discomfort, grounding)
- Ujjayi: ocean-sounding breath (appropriate for physical/mental stress)
- Nadi shodana: alternate nostril (mental balance)
- Kapalabhati (skull polishing, forceful exhale, passive inhale): draws energy, heat to the belly. Appropriate before implantation, **but not after**.
- Breath of joy: Invigorating, great mood lifter.

## POSTURE SEQUENCE

\* EFFECTIVE FOR BOTH

\*\* NOT ADVISED POST-IMPLANTATION

### MENTAL BALANCE

- half sun salute



- forward bends (standing, seated, wide angle)



- tree (or any other balancing posture)



- child\*



- supported savasana (pillow under legs)



### BLOOD FLOW TO UTERUS

- cat/cow sequence with c-stretch and hip circles\*



- squats (keep blanket under heels)



- bound angle (seated or supine)



- sphinx/cobra \*\*



MARTIN SCONDUTO

- bow/locust \*\*



- bridge tilts (move up and down with breath)



- spinal twist (seated or supine)\*\*



- legs up the wall\*



## MEDITATION

- single point meditation: sit gazing at an object (an icon or candle works well)

- chakra meditation: seated or supine, visualize chakra colors (red, orange, yellow, green, blue, indigo, purple or gold) moving through each part of the body.
- white light: visualize body surrounded by white light

## MANTRA

Om namo bhagavate vasudevaya (I surrender my will to divine order.)

September 3, 2011 \*\*\* Joan Hawley McClain