

## Yoga poses for fertility

You combine your movements with deep breaths ( 5 seconds ind and 5 seconds out). Each movement repeats 5 - 6 times.

Cat/ cow movement – Duration: 1 min.



1. Start position (table position)  
Place your hands right under your shoulders and your knees right under your hips. Make sure your back is horizontal by activating your abdomen.



2. cat position.  
Move from start position to cat position by swaying your back. Do it while exhaling in 5 seconds.



3. cow position  
Move from cat position to cow position by bending your back and tipping your hips. Do it while inhaling for 5 seconds.

4. cat/cow movement  
Now move from cow to cat position (exhale) and from cat to cow (inhale) continuously for 1 minute.

**Dog/cobra movement – Duration 1 min.**



**1. Dog position.**

Make sure that your back and arms make a straight line from the hips to the hands. Bend your legs if necessary. Look straight down so your neck is relaxed.

**2. Cobra position**

Move from dog position to cobra position by lowering your body down on the floor and then push your upper body up. Do it while exhaling for 5 sec.

**3. Dog/Cobra**

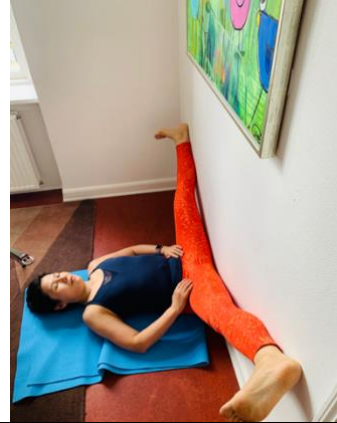
Move from cobra to dog position while inhaling for 5 sec. and repeat the movement between the two positions continuously for 1 minute.

**Frog pose**



Static pose for 1 minute. Deep breathing.

**Legs against the wall pose**



Static pose for 1 minute or more. Deep breathing.