



YOGA AND FERTILITY.....What is the connection?

Dr Alice Domar, a researcher at Harvard Medical School says there is a DIRECT correlation.

She conducted a 10 week mind-body program. 55% of the participants became pregnant within the next year, compared to 20% of women in a control group. The full article is available on our website at www.CharlotteFamilyYoga.com, please look under “Fertility Yoga”

“Yoga is something they can do that will reduce stress without impacting their fertility”, as many forms of vigorous exercise can do. “Yoga tones and strengthens the muscles that support reproductive organs, and improves spinal alignment, enabling better circulation and improved capacity and quality of respiration”, says Julie Cade Bon, certified Yoga teacher.

Yoga4Fertility was created by Brenda Strong who has worked with The Mind Body Institute at UCLA since 1998. Her method offers using Yoga, visualization, breathing, and affirmations.

The mayo clinic has acknowledge that chronic stress leads to a variety of health issues and that Yoga can help detoxify to allow the groin, and pelvis to have improved blood flow and circulation. As the body relaxes, the mind calms and the nervous system aided by breathe helps to lower stress hormones like cortisol, which can impede reproductive function. Research the supports Fertility can be found at: www.medicalnewtoday.com/articles

Reproductive Endocrinologist Dr. Robert Kiltz founder and director of CNY Fertility and Healing Arts Center, states: “Yoga for fertility is a powerful practice that helps men and women reduce stress and anxiety, become more mindful; and centered, and therefore improve the body's ability to conceive.”

Curious to find out how our Yoga Classes can assist you on your journey to conceive and offer you the support of others on the same journey? Come visit our center, talk to our Yoga specialist, get on a mat and give it a try. You have nothing to lose but STRESS!