

A Regular Yoga Practice Can Be Beneficial During Fertility Treatments

There is more to Yoga than most people think. It is often thought of as a form of exercise for the flexible, or as a Hindu form of meditation. The Sanskrit word "Yoga" means union, or that which brings things together. Basically, Yoga is a holistic system that benefits the mind, body, emotions, and spirit. It is a natural overall wellness practice that can be used by anyone. There are many forms of Hatha Yoga (Hatha means the physical postures), and each one has a unique approach that comes through in its teachings. All styles include some of or all of the following techniques- postures, breathing, relaxation, and meditation. All styles of yoga are beneficial and one can choose a style or type of Yoga that suits their particular needs. You may want to try a few different types to determine which one is right for you.

A regular yoga practice can be very helpful while a woman is trying to conceive, and can support a healthy pregnancy through and after the birth of a child. In addition, it can be particularly useful for both partners when a couple is having difficulty conceiving and/or undergoing fertility treatments. It has been well documented that high levels of stress tend to correlate with fertility problems. The effects of stress on the mind, body, and emotions are numerous. Yoga is quite effective in counterbalancing the effects of stress. In addition to the stress-relieving benefits, yoga has also been proven to help the body's systems to function more regularly. When the mind-body connection is disrupted due to stress and its effects, the normal functioning of the nervous system, glands and organs are negatively affected, which can have a detrimental effect on the rest of the body. For example, stress can reduce the functioning of the endocrine system, which is directly responsible for the regulation of reproductive cycles and the secretion of hormones that control the functioning of the ovaries. Yoga postures actually help to keep the reproductive organs healthy by stimulating and irrigating them during the postures, making a successful conception more likely.

The mindfulness techniques associated with a regular yoga practice can positively impact the emotional roller coaster that couples often go through when they are having difficulty conceiving. Yoga helps to develop a strong mind-body connection and helps to regulate and to stabilize moods. This is especially important when your hormones are fluctuating and you feel out of control of the situation. When you develop a deep connection with your body and begin to read the signals it is sending you, you can then develop a working relationship with it instead of working against it. It has long been known that conception can happen naturally when stress levels are reduced, so the stress reducing benefits of yoga can go a long way toward beginning a healthy pregnancy. In addition, relationship problems can occur when a couple is having difficulty conceiving. Yoga's focus on mindfulness can help to defuse relationship tensions so the couple can work together to achieve a healthy outcome.

A qualified yoga teacher can help you to learn the proven health enhancing techniques of yoga (postures, breathing, meditation, and relaxation), so that you can incorporate them into your daily life. When you practice yoga, you feel better, physically and mentally. And when you feel good overall, this is wellness.

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