

# How Yoga Benefits Pregnant Women?



Helps alleviate  
stress, anxiety, and  
depression

Increases  
self-awareness



Reduces lower back  
pain

Helps to deal with  
sleep disturbances



Improves tolerance  
of labor pain

Improves baby's  
birth weight



Reduces risk of  
preterm births

Improves emotional  
state of mind during  
pregnancy and  
childbirth



## References:

1. Yoga in Pregnancy; Clinical obstetrics and gynecology; NCBI
2. Systematic Review of Yoga for Pregnant Women: Current Status and Future Directions; Evidence-based complementary and alternative medicine; NCBI
3. Reproductive Health; U.S. Department Of Veteran Affairs