

Beneficial Yoga Poses

To Improve Fertility



Female fertility Yoga Poses



Bhujangasana
(Cobra pose)



Shavasana
(Corpse pose)



Anulom Vilom or Nadi
Shodhan Pranayama
(Alternate nostril breathing)



Janu Shirasasana
(One-legged
forward bend)



Male Fertility Yoga Poses



Dhanur Asana
(Bow pose)



Setu Bandhasana
(Bridge pose)



Nauka Asana
(Boat pose)



Halasana
(Plough pose)

References:

1. Yoga To Overcome PCOS (Polycystic Ovarian Syndrome) In Adolescent Girls; International Journal of Current Advanced Research
2. Boost fertility with yoga; The Art of Living
3. Yoga practice; BiolReprod