

Best Yoga Postures To Improve *Fertility* In Women



Paschimottasana (Seated forward bend)

Stimulates ovaries and uterus and relieves stress



Baddha Konasana (Butterfly Pose)

Improves ovaries' functions, manages irregular periods, and stimulates blood supply to the pelvic region



Kapalabhati Pranayama (Rhythmic Rapid Breathing)

Purifies blood cells and provides hormonal balances



Salamba Sirsasana (Supported Headstand)

Eases pressure on heart muscles and causes the hypothalamus to release more hormones



Setu Bandha Sarvangasana (Bridge Pose)

Stimulate blood flow to the uterus and ovaries



Balasana (Child's Pose)

Strengthens hips, thighs, and ankles muscles and provides relief from stress and fatigue