

Conscious AND Conception AND Pregnancy

SAHAJA DOUGLASS, MA., LMFT

P.O Box 893 ■ Topanga ■ CA 90290 ■ tel (310) 455-0713 ■ fax (310) 455-0735

www.consciousconceptionandpregnancy.com

Yoga Sequence for Fertility

Supta Baddhakonasna (Reclining Bound Angle Pose)

Supta Virasana (Reclining Hero Pose)

Adho Mukha Svanasana (Downward Facing Dog Pose)

Adho Mukha Vrksasana* (Handstand)

Sirsasana* (Headstand)

Viparita Dandasana (Backbend) Over Chair or bed or crossed bolsters

Setubandha Sarvangasana (Bridge Pose) Over bench, bed or bolsters

Sarvangasana* (Shoulderstand) On chair

Viparita Karani* (Inverted Lake)

***Not to be done when menstruating**

ALL POSES SHOULD BE LEARNED UNDER THE SUPERVISION OF A QUALIFIED YOGA TEACHER. TO FIND A CERTIFIED IYENGAR YOGA TEACHER IN YOUR AREA, VISIT: www.iyngaus.org

Supta Baddhakonasna (Reclining Bound Angle Pose)



Needed:

1 bolster (or folded blankets)

1 blanket

1 yoga belt*

Sit on the floor in front of a bolster and join the soles of the feet together with the knees out to the sides. Tie a large loop through the belt and place the belt under the feet, (from overhead) around the back to the tailbone. The belt should be over the inner thighs. Tighten the belt until the feet are held in place near the pelvis. Lie down over the bolster and place the blanket under the head. Let the arms rest to the sides on the floor with the palms turned upwards.

If there is a stretching sensation in the inner thighs or any strain on the knees or hips, place some support under the knees.

The chest should feel open and the abdomen should feel broad and soft. This should be a relaxing position that can be held for 5-10 minutes.

**If you don't have a yoga belt with an easily adjustable buckle, secure the feet against a wall by spreading the toes apart (keep the balls of the toes together) against a wall.*

Supta Virasana (Reclining Hero Pose)

Needed:

1 bolster (or folded blankets)

1 blanket

Kneel on your knees in front of your bolster with your knees together and feet apart. Insert your fingers into the backs of the knees (palms facing downward) and pull the calf muscles towards the feet away from the knees (to make space behind the knees) as you sit down in between your feet. Check that your feet are extending straight back and are not turning inward or outward.

Lie back on the bolster and place a blanket under your head. You can either rest your arms on the floor besides the bolster with the palms turned upwards or clasp your elbows and take the arms overhead.

Hold for 3-10 minutes

This pose can be an intense stretch for the thighs, knees and feet. If you aren't able to lie back comfortably on the bolster, you may need to raise the height with additional bolsters or blankets. The knees may separate a little apart from each other but if your knees spread wider than hip width apart, take more support under the back. If you feel too tight to lie back, sit for 2 minutes upright with the bolster under the buttocks in between the feet.

Adho Mukha Svanasana (Downward Facing Dog Pose)



Needed:

1 bolster or blankets

Begin on your hands and knees with the knees slightly behind the hips and a bolster or folded blankets lengthwise on the floor under the chest. Spread the palms of the hands on the floor and straighten the arms.

Lift the knees from the floor and straighten the legs lifting the pelvis. Straightening the arms, extend from the wrists up to the shoulders, through the torso to lift the pelvis to the ceiling and rest the head on the bolster. If your head doesn't reach the support with the arms straight, build it higher with additional blankets.

Straighten the legs and press the thighs away from the chest and the heels towards the floor.

To come down, bend the knees and rest the shins and knees on the floor, the buttocks on the heels and keep the head down, resting the forehead on the floor for a few moments (Adho Mukha Virasana).

Adho Mukha Vrksasana (Handstand)



Do Downward Facing Dog Pose (Adho Mukha Svanasana) with the hands a few inches away from a wall and walk the feet towards the wall. Keeping the arms straight, push off with one leg (bent) and kick the other extended leg up towards the ceiling and to the wall. When your extended leg goes upright and the pelvis comes towards the wall, bring the other leg up to the wall.

Straighten the arms and stretch from the arms up to the legs. Extend the heels up the wall. Lift the buttocks upwards towards the ceiling.

Hold for up to 1 minute. You can repeat two times.

Sirsasana (Headstand)



Needed:

1 mat

1 blanket

Place a blanket on top of a mat with the edge against a wall. Interlock the fingers to the base of the finger and place the forearms on the floor with the elbows shoulder width apart. Press the thin edge of your forearms and wrists down and move the shoulders away from the neck towards the pelvis. Without dropping the shoulders, place the top of the head on the floor so that the back of the head touches the hands.

Lift the knees off of the floor and lift the shoulders away from the floor as you walk your feet towards the wall. Move the upper back away from the wall as the feet come closer to the wall. Gently lift one leg at a time to the wall (like Handstand).

Press the entire forearm from the wrist to the elbow down in the floor as you lift the shoulders away from the neck. Extend the legs and buttocks upwards towards the ceiling.

Hold for 1-10 minutes. If you feel heaviness in the head or a strain on the neck, come down.

Keep the shoulders lifted while gently coming down one leg at a time. Bend the knees and rest the knees on the floor, and the buttocks on the heels and keep the head down, resting the forehead on the floor for a few moments (Adho Mukha Virasana).

Viparita Dandasana (Backbend) Over Chair or bed or crossed bolsters



Needed:

1 folding chair (preferably one with the backrest cut out for yoga)

1 bolster

1 blanket

Place a blanket over the seat of the chair and a bolster on the floor in front of the chair. Sit backwards through a chair so that you are facing a wall. Slide the buttocks to the edge of the seat of the chair that is closest to the wall so that your thighs are off of the chair seat.

Hold onto the top of the chair and open the chest while you lie backwards to place the upper back on the other edge of the seat of the chair.

Taking the toes up the wall with the heels on the floor, press the heels towards the wall to straighten the legs (the chair should slide away from wall so that you don't slide off the chair). If you are on a surface such as carpeting that prohibits the chair from sliding, start with the chair further from away from the wall or do the pose without the wall.

Lengthen your buttocks towards the wall. Let the head release backwards and downwards towards the floor until it reaches the bolster. If the bolster is too far away to reach, add a blanket or two on top of the bolster.

Stretch the legs and relax the abdomen as it extends.

With your hands, pull on the sides of the chair to open the chest and move the chest towards the middle of the room away from the wall. Then you can reach

your hands and arms underneath the seat of the chair in between the front legs of the chair and hold onto the back legs of the chair. Keep the neck and throat soft so that the head gently rests without pushing into the support.

Hold for 3-10 minutes

To come out of the pose, hold onto the top of the chair, bend your knees and pulling with the arms, keep your chest open as you inhale and sit upright.

Setubandha Sarvangasana (Bridge Pose) Over bench, bed or bolsters



Needed:

2 bolsters (or 1 bolster and a couple of blankets)

1 belt

Place one bolster on top of another to form the shape of a cross. If you don't have a second bolster, cross a few folded blankets on top of the bolster. With your knees bent, sit on top of the bolster and tie the thighs together with a belt.

Keep the knees bent and lie down so that the whole back is supported on the bolster. Pushing the feet into the floor besides the bolster, slide backwards until the shoulders reach the floor. Then extend your legs straight, heels on the floor.

Hold 5-10 minutes.

To come out, bend the knees again and place the feet on the floor. Pushing off with the feet, slide further back until the pelvis comes to the floor. Rest for a moment with your legs on top of the bolster. Roll over to your right side, untie the legs and sit up.

Sarvangasana (Shoulderstand) On chair



Needed:

1 chair

3 blankets

1 mat

Fold a mat in half twice and place it on the seat of the chair. Place a blanket on top of the mat. If you are tall, fold the blanket on the chair thicker or use a couple of blankets for the seat of the chair. Fold the other two blankets in half lengthwise and place them on the floor in front of the feet of the chair.

Sit backwards on the chair with the knees over the backrest of the chair. Hold onto the top of the backrest of the chair and slide the buttocks as close to the backrest as possible.

Keep holding the sides of the back of the chair as you lie backwards and release your head to the floor. Look towards your chest so that you are on the back of your head and slide off the chair until the shoulders reach the folded blankets on the floor.

Once the shoulders are resting, reach your hands in between the front legs of the chair and hold onto the back legs of the chair. Keep the buttocks on the seat of the chair and raise the legs towards the ceiling, perpendicular to the floor. Open the chest and extend the legs.

Variations:

1) You can extend the legs further away from the head so that the backs of your legs (knees or calves depending on your height) touch the top of the backrest of the chair.

2) Bend your knees, join the sole of the feet together in Baddhakonasana and rest the outer edges of the feet on the top of the backrest of the chair with the knees out to the sides.

3) Cross the legs at the shins with your knees to the sides and with the feet resting on the sides of the backrest of the chair.. Then slide your feet downwards towards the seat of the chair.

To come down, bend the knees with the knees and feet together. Push the feet into the top of the backrest of the chair and let go of the back legs of the chair with your hands while you slide off the chair lowering your pelvis to the floor. Rest on your back for a few moments.

Viparita Karani (Inverted Lake)



Needed:

1 bolster

2 blankets

2 blocks

Place the blocks (the tall way) two feet apart from each other against the wall in between your bolster and the wall. Fold two blankets in half lengthwise and place them on top of the bolster.

Sit with your right outer hip on the side of the bolster, both buttocks against the wall and your right hand on the floor behind the bolster. Roll the left side of the pelvis to the bolster as you swing both legs straight up the wall and place the left hand behind you on the floor. Propped up on both hands/arms behind your, push the pelvis close to the wall so that the buttocks drop in between the space between the two blocks. Slowly lower your head and shoulders to the floor. If you slide away from the wall, push yourself closer in. Extend the legs up the wall.

If your shoulders don't reach the floor, you can remove one or both of the blankets (depending on your height).

Rest your arms on the floor by the sides with the palms up. Keep the chest open and abdomen soft.

Hold for 10 minutes.