



Andrea Lavigne/News staff

Kirsten Pierce and her two-month old baby attend the fertility yoga class as a post-natal work-out.

Yoga class conceived as fertility regimen

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Lying with our backs flat on the floor, bended legs open and the soles of our feet touching, we breathe in and out, listening to the soft music and our instructor repeat positive affirmations.

"All I need is within me now."

It's fertility yoga, the first and only yoga class designed to help women channel their physical and spiritual energy into reproduction.

Martina Bell, the instructor of Yoga Flow, recently expanded her practice from private sessions with clients from the Victoria Fertility Centre, to a regular class session that includes anyone looking to conceive now or "someday in the future" (as two other participants indicated).

Bell, who's been a yoga instructor for five years, started focusing on fertility yoga about a year ago after helping an aunt who was struggling to conceive.

"It's about letting go," she said. "Your mind and body become relaxed, allowing yourself to be calm.

Basically, the idea is to take the pressure off, and nature will take its course.

As she repeats to us during the sessions, "It's not your job to wonder how you'll get it. It's to believe you will."

The postures, breath and attention sequences are designed to have participants focus on their reproductive organs and maintain an energetic flow in the hips, pelvis and reproductive organs.

Although Kirsten Pierce didn't come to fertility yoga to conceive, she is a big believer in yoga's ability to help young moms and moms-to-be relax.

Now she comes to Bell's class with her two-month-old baby, Nikita, as a post-natal work-out.

The classes aren't restricted to women; couples are invited as well.

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