

## **Hatha Yoga Can Be A Benefit For Post-Partum Depression**

A recent study examined whether women practicing yoga during pregnancy would show health benefits reflected in more adaptive cortisol and affective responses to a single 90-min yoga session, and longer-term benefits as reflected by reduced postnatal depressive symptoms. Women who practiced yoga during pregnancy showed lower mean cortisol levels and higher positive mood on days of yoga practice relative to days of usual activity. These findings build on a small but growing body of research suggesting that yoga may confer psychophysiological benefits during pregnancy, and highlight the potential importance of prenatal yoga for postpartum well-being. It shows preliminary evidence for the immediate benefits of yoga on negative affect and on feelings of contentment, as well as overall benefits on cortisol and positive affect during pregnancy. Moreover, Hatha yoga may have the potential to improve maternal postpartum well-being.

So, if you are feeling down, give yoga a try and you may notice your whole outlook on life changes for the better. Please contact us with any questions or comments.

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