



Vivekananda Yoga
• Health • Happiness • Harmony



Yoga For Reproductive Health

Research shows that there are many factors affecting fertility, including nutrition, weight, physical activity, and psychological stress factors. A regular practice of yoga is one way of improving one's overall health, including the reproductive system. In this webinar arranged by Vivekananda Yoga, San Diego, participants can learn the yoga way to manage their reproductive health, and benefit from the medical knowledge of leading Doctors.

What will be covered in the “Yoga For Reproductive Health” webinar:

- Yoga asana series focused on managing Polycystic Ovarian Syndrome, and other conditions that affect fertility like diabetes, obesity etc. Asanas will be led by Shubhangi Yogi (RYT 200)
- Medical informational talk from a leading fertility expert, Dr.Ketan Patel
- Medical informational talk about how yoga helps with reproductive health by Dr.Rashmi Vaidya (breast surgeon, yoga teacher)
- Participants' questions and answers.

Dr. Ketan Patel MD, F.A.C.O.G.

Dr. Ketan S. Patel, is the founder of Arizona Associates for Reproductive Health. Dr. Patel is Board Certified in Reproductive Endocrinology and Obstetrics and Gynecology.

Dr. Patel earned an MD from the BJ Medical College, Gujarat University; residency at Cook County Hospital in Chicago, Illinois; and a fellowship at the University of California in San Diego, California.

Dr. Patel formerly was the Medical Director for Reproductive Endocrinology for the Mayo Clinic in Phoenix.



Dr. Rashmi Pradhan Vaidya, MD, MS, FACS Yoga Instructor (RYT 200)

Dr.Vaidya is a double board-certified general surgeon trained both in India and in the US.She currently works as a Breast Surgical Oncologist with Ironwood Cancer Research Centers in Phoenix Arizona.

Dr Vaidya did her General Surgical Residency at Seth G.S Medical College and KEM Hospital , Mumbai India.

She completed another surgical residency in General Surgery at St John Hospital in Detroit, Michigan and did a fellowship in Breast Surgical Oncology from the Cleveland Clinic.She also trained in minimally invasive breast procedures and cryotherapy in Japan.

Dr.Vaidya considers herself lucky to have discovered yoga and she became a yoga teacher after training with Guruji Subbarao. Dr.Vaidya practices yoga on a regular basis and volunteers to teach Yoga with Sewa Phoenix, and Vivekananda Yoga, San Diego.

She also educates the public on evidence based,informative webinars to share the medical benefits of yoga as a way of life.





Shubhangi Yogi – RYT 200

Shubhangi has been involved in sports, 'Mallakhamb', an Indian style Aerial Gymnastic arts, youth National Cadet Corps (NCC) which sowed the foundation for yoga training.

Under Yogacharya Sri Subba Rao Nemani's (Guruji) tutelage, Shubhangi has realized the true meaning of Yoga. She particularly enjoys traditional yoga with asana, pranayama and meditation.

In addition to Yoga, Shubhangi enjoys dancing, hiking, and running marathons. She is also a makeup artist/cosmetologist. Shubhangi volunteers with organizations like HSS and SEWA.