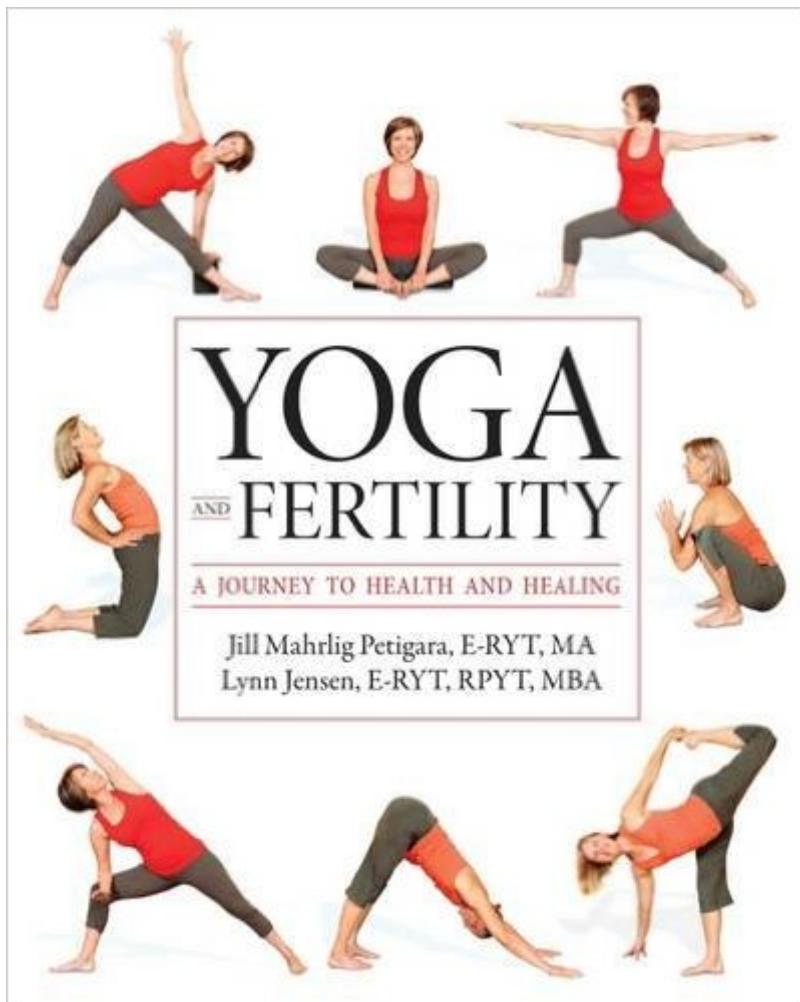


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# Yoga And Fertility: A Journey To Health And Healing



## Synopsis

Whether you are trying to conceive naturally or with the help of assisted reproductive technology (ART), yoga can help enhance your fertility and smooth the path to parenthood. This specialized Yoga for Fertility practice improves circulation and energy flow, balances hormone levels, and tones your reproductive organs. Jill Petigara and Lynn Jensen, who have lead fertility workshops for years, have seen many women successfully begin families and they know how to harness the power of yoga for your benefit. With plenty of photos and clear descriptions, they demonstrate optimal poses for fertility enhancement in every stage of your cycle. Routines are simple but effective for yoginis of all levels of experience. Yoga for Fertility will help you: Redirect blocked energy to improve blood flow to the reproductive center Reduce stress with breathing practices, visualization, and affirmation Modify yoga classes when you're trying to conceive Incorporate fertility-enhancing lifestyle approaches and natural fertility treatments Use yoga to improve the success of either natural cycles or assisted reproductive technology cycles, including in vitro fertilization (IVF)

## Book Information

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## Customer Reviews

I have been told that I should avoid strenuous exercise to conceive, (I am in my forties and trying to get pregnant for the first time!) so I was happy to find this book on yoga and fertility. Not only will I get some daily exercise but the authors have written clear explanations of how each pose will enhance fertility. The yoga routines are simple enough for a beginner, but there are also

intermediate routines for those who might have more experience. The instructions and pictures are very clear and helpful. Supplemental information on lifestyle, diet, and other "alternative" approaches to fixing infertility are thorough and informative. An excellent book, that has given me hope in my quest to have a baby, in spite of what my doctors are telling me!

There are a lot of books out there on yoga--some touch on the concept of "yoga and fertility"--but this is the only one that I've found that does such an excellent job linking yoga and fertility together! This book describes a number of different topics under that heading, including why certain poses are appropriate for increasing good blood flow to pelvic region and follicle stimulation to produce good quality eggs. Where many yoga books will discuss form with some yoga history, this book is unique because discusses which poses are crucial to do at which phases of the cycle (menstrual and even IVF!) by backing up the information with biological knowledge and yoga tradition. Lastly, I really appreciate this book because it not only focuses on the concept of "yoga and fertility" with pregnancy in mind--but also expands that definition to broadened the idea of fertility to our bodies being a fertile ground at any point that you come to yoga. During this very trying period of trying to get pregnant, I feel nourished by this book that nourishes my whole self as one who is boosting fertility for my own well being. Fantastic book that really broadens yoga as something that is daily, accessible and particular to our bodies needs--where ever we are. Thank you Jill and Lynn!!!!

Its a nice book. Most of the postures you do in a regular yoga class , but it was good to find out, that you should avoid doing some postures during your second phase. I knew that inverted postures are an absolute NO during your periods, but didnt know that there are some restrictions during the second phase. Wish instructors knew and let women know what and when to adjust. Great that there were suggestions for what to do during periods and IVF. Nice book, really. Not really worth buying, if you attend yoga class, but worth renting to learn what to adjust in your practice.

Yoga and Fertility is an excellent resource for women who are trying conceive. It offers yoga sequences that can be performed at each stage of your cycle along with modifications and cautions. Each half cycle sequence features pictures as well as detailed commentary on the benefits of the pose as well as how to safely get into and out of each pose. I especially appreciated that it included two different practices for each stage in the cycle for beginners and more experienced yogis. I also enjoyed that the sequences were also provided in a summary flow that included just pictures of the

poses, so that you could flip through the pages more easily when doing the practice (after having read the section). In addition, the book includes additional yoga practices that can be done during your period, for stress relief, and even early pregnancy. Moreover, it includes guided meditations and breath exercises, how to support conception through lifestyle and alternative healing practices and how to talk to others about your fertility, which was extremely helpful. As a yoga teacher, I found it was easy to read through and it offers a safe and gentle comprehensive practice that can be performed throughout one's cycle to bring stress relief for what can be a completely overwhelming and all encompassing time in one's life. This is an invaluable resource whether you are a beginner, intermediate or yoga teacher. It empowers women through the wellness practices of yoga and meditation for stress relief, which can be further supported by diet and alternative healing therapies such as acupuncture. I recommend this book to anyone who is trying to conceive and especially to women with fertility concerns that are having difficulty becoming pregnant. Much thanks to the authors for making such an assessable book for women trying to conceive.

The book does a great job of laying out easy to follow routines. I've gone to yoga classes for years, but I've never felt comfortable doing a routine at home, at least not until now. I simply follow the routine for the half of the cycle that relates to me, knowing that each position has a specific purpose for nourishing and supporting my body. I'd highly recommend this book!

Yoga and Fertility is a wonderful and resourceful book for women in their quest to achieve pregnancy. The book beautifully illustrates numerous yoga poses, that can be done in the comfort of your home, all expertly designed to maximize blood flow and energy flow to the pelvic region of the body, thereby enhancing one's fertility as well as reducing overall stress. It's like having your own personal yoga instructor at your fingertips! Having taken Lynn's "Yoga for Fertility" classes in person, and finally getting pregnant and becoming a mom after several years of trying to conceive, I can definitely attest to the fact that every routine and every pose in the book is exactly the same as what is done in class - and it works! The benefits of practicing yoga, for optimum fertility, are invaluable on the path to parenthood. Highly recommend this book!

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