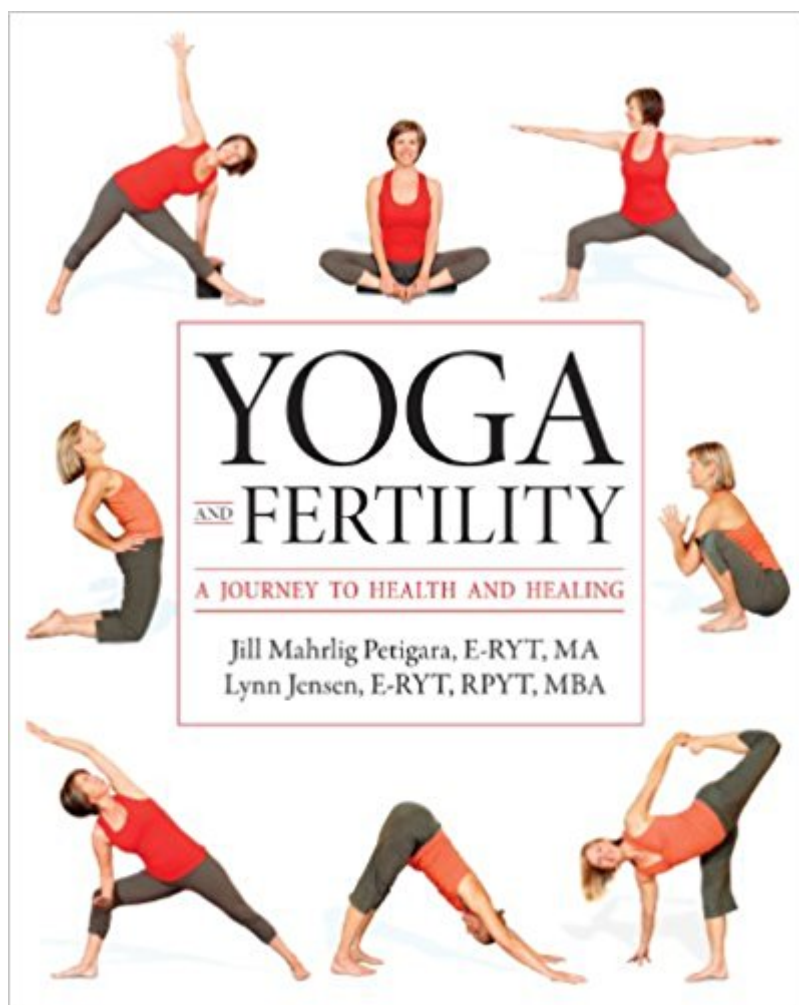


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# Yoga And Fertility: A Journey To Health And Healing



## 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

"Yoga and Fertility is a great resource for women seeking to optimize their fertility Take full advantage of this powerful tool."-Nancy A. Klein, MD, Reproductive Endocrinologist, Seattle Reproductive Medicine, Seattle, WA "Lynn and Jill provide an easy-to-follow program to take you through poses that enhance each phase of the menstrual cycle, regardless of your familiarity with

yoga."-Randine Lewis, LAc, PhD, FABORM, Author of *The e Infertility Cure* and *The e Way of the Fertile Soul* "This is a beautiful and informative book that will give hope and help to many women."-Angela Farmer, International Yoga Teacher, Lesvos, Greece "Those who are interested in practicing yoga in the context of their path to parenthood, whether they are yoga novices or long-time practitioners, will find in this book a very easy-to-follow guide to poses, breathing, and relaxation."-Cathryn Booth-Laforce, PhD, RYT, Professor, University of Washington, Seattle, WA "Jill and Lynn have created an informative guide for people who are trying to conceive and wish to incorporate yoga into their own journey to parenthood."-Lora Shahine, MD, FACOG, Pacific NW Fertility and IVF Specialists, Seattle, WA "Yoga and Fertility is a terrific resource for women who are trying to overcome fertility challenges or just starting to prepare for conception."-Judy Simon, MS, RD, Mind Body Nutrition, PLLC & University of Washington Medical Center Faculty and Dietitian,, Seattle, WA "Yoga and Fertility provides guidance that can benefit men or women, in other words, anyone wanting to have more of the life they truly desire."-Rod Stryker, Founder of ParaYoga, Author of *The Four Desires* "I know this book will be a valuable resource and recommend it highly."-Angela Thyer, MD, Seattle Reproductive Medicine, Seattle, WA " An amazing step-by-step guide to the most beneficial yoga postures for fertility, scientifically shown to elicit the relaxation response."-Kathryn Simmons Flynn, Founder of Fertile Foods and Author of *Cooking for Fertility*, --Nancy A. Klein, MD, Reproductive Endocrinologist, Seattle Reproductive Medicine, Seattle, WA

Jill Petigara is an Anusara-inspired yoga teacher and a member of the Yoga Alliance. Her classes draw from several different traditions including Iyengar, Vinyasa, and Anusara Yoga. Jill has taught yoga in a variety of settings including schools, studios, nursing homes, and corporate fitness facilities. She is a certified elementary school teacher, and has experience teaching yoga to children and teens. She hosts a tele-seminar *Yoga for Fertility* for RESOLVE the national infertility association. Lynn Jensen, RYT, MBA, offers *Yoga for Fertility* classes, workshops, retreats and private instruction in Seattle and Bellevue. The classes are designed for women or couples who are currently trying to conceive, either naturally or through assisted reproductive treatment programs. To date, Lynn's classes have helped over a thousand women and couples on their journey to parenthood. In addition to teaching *Yoga for Fertility* and all levels of Hatha Yoga, Lynn coteaches the Mind/Body program at the Northwest Center for Reproductive Sciences in Kirkland, and the Pacific Northwest Fertility clinic in Seattle. In 2006, she developed and taught the yoga curriculum for a University of Washington study, funded by the National Institute of Health, researching the

effect of yoga on hot flashes.

This is the best book on yoga fertility I have read so far. I really appreciate the books explains well about why yoga and how yoga would help in fertility. There are plenty detailed information about different poses. The book also talks about other ways to manage stress that are super helpful. I have tried practice yoga according to the book for 2 months and I have seen an incredible change both physically and emotionally which will definitely help me getting pregnant in the future.

For all the thousands of dollars I have spent on infertility treatment, this was probably my best investment. Doing the poses everyday, as Lynn recommends, has helped lower my stress level and made me feel more balanced. I like that the poses are very relaxing and meditative, unlike those I usually do in a vinyasa class. This book very clearly lays out the poses you can do for each part of your cycle, as well as modifications you can make based on your own situation. It is also much more than a yoga practice. It contains sections on how to live a healthy lifestyle and eastern medicine approaches to fertility. It also has some inspirational success stories! By following a consistent yoga practice, I was able to stay calm and centered during my IVF cycle, and ultimately was able to get pregnant!

Yoga and Fertility book and DVD were part of my journey to become pregnant. The book has a very clear description of which poses I needed when I was going through a specific situation such as relieving stress, hormonal balance or heart opening. I liked to understand what I was doing, and the book met that part. I also, got the DVD and watching Lynn and practicing every morning before I started my day was a treat that encouraged me and made feel full of hopes. I definitely recommend the book and DVD to any woman whether is struggling or not to become pregnant to read the book and get the DVD as I consider that it played a very important part in my journey to my pregnancy.

Very good book. I like how well the positions are described and it is also mentioned how each position improves fertility, that gives me more motivation. There is also a lot more useful info related to fertility in the book. There are two versions of the program, depending on the level of difficulty you would like to choose. I highly recommended it. If this yoga program was on a dvd, I would probably be more diligent with it.

Its a nice book. Most of the postures you do in a regular yoga class , but it was good to fond 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 didn't 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.

This thoughtful and powerful book is the only one of its kind on the market and should be in the arsenal of books for women going through the hardship of infertility. I came across Lynn Jensen's class here in Seattle. In many ways it has become the ray of light through a dark journey: healing, insightful and inspirational. Her pupils are taught to follow the path of faith and not fear in a way that can be used by anyone faced with similar struggles. Through powerful poses, one can gain insight into their own body, where stress is held & how to release it, prepare for fertility treatments and so much more. This book captures all of this in such a beautiful and accessible way for any reader. For those women who do not have these resources close to home, now they do! I would highly recommend this book to anyone facing infertility challenges!

I've been taking Lynn's Yoga for Fertility class for a year now, but I always had trouble maintaining my own yoga practice on non-class days. This book changed all that and now I have an easy go to reference with amazing pictures and positive success stories to read and inspire me. I find it much easier to do yoga on my own now and I find it's definitely helping me loosen up and get in touch with my body. I think this is a wonderful resource for anyone struggling with infertility!

Great. Love how it describes why each pose is good. Also like how it's divided according to time of cycle. As well, like its summary page of pictures with all the poses, so you don't have to constantly flip pages once you've done the initially reading to know the sequence of poses.

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