



Yoga and Fertility: A Journey to Health and Healing

By Jill Mahrlig Petigara E-RYT MA, RPYT, MBA Jensen Lynn E-RYT

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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)

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Editorial Review

Review

"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

About the Author

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.

Users Review

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William Herold:

The book *Yoga and Fertility: A Journey to Health and Healing* make you feel enjoy for your spare time. You can use to make your capable much more increase. Book can being your best friend when you getting strain or having big problem together with your subject. If you can make reading a book *Yoga and Fertility: A Journey to Health and Healing* for being your habit, you can get a lot more advantages, like add your personal capable, increase your knowledge about a number of or all subjects. It is possible to know everything if you like start and read a book *Yoga and Fertility: A Journey to Health and Healing*. Kinds of book are a lot of. It means that, science e-book or encyclopedia or others. So , how do you think about this reserve?

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Nancy Ochoa:

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