

Yoga And Fertility A Journey To Health And Healing

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"Yoga and Fertility: A Journey to Health and Healing" is for those who have never done yoga before, as well as those with yoga experience, or who are currently taking a yoga class. Personal stories are woven into the text, so that women can relate to the author and others who have struggled with fertility challenges.

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Yoga and Fertility: A Journey to Health and Healing ...

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.

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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...

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Fertility Yoga - Melinda Rushe

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

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