

Yoga for Fertility With Guest Teacher Lynn Jensen

Yoga for Fertility

With Lynn Jensen

Date: Saturday, March 13th

Time: 1-4pm

Cost: \$60

(includes materials)

(10% off for members)



SOURCE YOGA

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Yoga for Fertility is designed for women or couples who are trying to conceive, either naturally or through assisted reproductive technology. In a recent Harvard-based study, women participating in a yoga and relaxation program increased their chances of pregnancy by almost 3 times. We will use specific yoga postures for each phase of your monthly cycle, to stimulate and tone the reproductive system. We can also help regulate the body's hormone levels using yoga postures, breathing and relaxation practices which support the endocrine and nervous systems. Yoga is a well-recognized stress-reducer, and chronic stress has been shown to adversely affect fertility. The class environment is small, personal and supportive. No previous yoga experience is necessary. If you are currently taking a general yoga class, it is highly recommended that you attend a session of Yoga for Fertility to learn how to adapt poses during your cycle.

Lynn Jensen, RYT, MBA is a certified yoga instructor, registered through the Yoga Teacher's Alliance. Lynn has been teaching yoga in Seattle for over 12 years. She conceived and developed the Yoga for Fertility program in 2002, and through this program has helped hundreds of women and couples successfully become parents.

The Yoga for Fertility program is based on Lynn's 20+ years of yoga experience, her extensive study of yoga and its effects, and her personal fertility challenges. Her focus is using yoga therapeutically to address women's health issues, through the physical, emotional and spiritual healing power of yoga.