

# Yoga for Fertility



## What is yoga for fertility?

Yoga for fertility is the only fertility class offered in Nebraska, this six-week course was specially designed by Tami Quinn and Beth Heller from Pulling Down the Moon to meet the needs of women who are trying to conceive. This course teaches self-care to women looking for healthy conception.

## Who is this for?

- Women who are trying to get pregnant
- Women who are having trouble conceiving
- Women who are wanting to practice self-care essential to the health and wellness for conception

## Get started with the next session:

You can call 402-934-1617 to sign up or go online at [omahaic.com](http://omahaic.com). Questions you can call or email Stevie Jelden at [s.jelden@omahaic.com](mailto:s.jelden@omahaic.com).

## What are the benefits?

- Teaches postures and breathing techniques used to calm the body and prepare it for conception
- Nourishes the reproductive organs
- Releases anxiety and stress
- Calming the body

## What can I expect?

Each class delves into the deeper yogic teachings of meditation, visualization, and the power of our thoughts and attitudes. As we relax and let go of physical and emotional toxins, we begin to have a clearer sense of self and insight into our fertility journey. Class sizes are kept small to facilitate a sharing and supportive community.

## When is it?

- See schedule for next start date.
  - Omaha Integrative Care **LAKESIDE**

## What is the cost?

- \$125 for 6 week session