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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 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

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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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Summary: I am a yoga teacher with a passion for fertility, pregnancy, ...

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