



Fertility Yoga: A Natural Approach to Conception

Kerstin Leppert

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This beautiful full-color book explains how to use the principles of Kundalini Yoga to fulfill your desire to have a baby. With straightforward advice and beautifully illustrated exercises, *Fertility Yoga* will help you and your partner increase fertility naturally.

In addition to its well-known calming effects, yoga is healing for the whole body. The exercises in this book, selected for both men and women to do individually and as a couple, are designed to boost fertility by improving circulation in reproductive organs and balancing hormones. These exercises, which include yoga, meditation, and breathing, will help you focus your mind, strengthen your body, and let go of worries, as you prepare for conception and pregnancy.

Author Kerstin Leppert, who has taught Kundalini Yoga for many years and written four previous books on yoga and health explains the ancient concept of chakras and how they relate to fertility and gives recommendations about nutrition, natural remedies, stress relief, and sexual positions.

Fertility Yoga is full of advice you can put into practice right away — whether you are part of a couple taking the first steps toward conception, or are already undergoing medical fertility treatments and want to support that with natural techniques.

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Playing with family within a park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Fertility Yoga: A Natural Approach to Conception, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

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