



The Yoga Centre of Burlington
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Fertility Yoga

With Dominique Sy, RYT

Wednesdays, 7:30 – 9:00 pm, November 9 – December 14, 2011



Fertility Yoga is a unique form of yoga specifically focused on reproductive health.

Learn powerful techniques, which combine *asana* (specially selected poses), *pranayama* (breath work) and guided visualization to aid conception. Boost your fertility, increase your well-being and reconnect with your body as you move through your own unique journey.

What are the benefits of Fertility Yoga?

Studies show that Fertility Yoga reduces psychological distress related to fertility challenges, restores a sense of control, and increases overall health improving one's chances of conceiving. Effects of regular Fertility Yoga practice:

- Increase blood circulation, oxygen, nutrients and energy flow to the reproductive areas of the body.
- Balance hormones.
- Reduce fatigue.
- Tone and strengthen muscles that support reproductive organs.
- Clear deeply held layers of tension from the uterus and other reproductive organs.
- Renew your sense of sexuality and feminine wholeness.
- Create a positive self-image and positive thinking.
- Increase emotional connection and intimacy with your partner.

Who can benefit from Fertility Yoga?

Any woman who would like to conceive a child would benefit from this class. Whether you would like to prepare for pregnancy or are experiencing physical challenges to fertility and would like a holistic complement to medical treatments. Fertility yoga can help achieve balance and harmony as you go through the process.

About Dominique:

Dominique Sy is a Registered Yoga Teacher, Childbirth Educator, Doula and a mother. She has a keen interest in the health and well being of women especially through the journey of conception, pregnancy and birth.

No yoga experience necessary. Full payment is required to secure your spot.

To register please email The Yoga Centre of Burlington at ycob@yogaburlington.ca or call (905) 639-6138 or drop in at 541 Brant Street to sign up in the office.

We accept 