

# Fertile Yoga

Yoga, meditation and deep relaxation can help men and women experiencing the challenges of infertility. Yoga can help couples relax, and relaxation can help one make more satisfying decisions, communicate more clearly with their doctor, and sustain treatment with a more positive perspective.

We will be offering **free yoga** classes to our patients. The classes will be on-going and you may come every week or once in a while, which ever suits you. Come alone or bring your spouse, partner, friend of family member. In Norwalk, we will spend the first half hour as an informal peer support group, chatting and keeping in touch with one another.

**February 6, 13, 20, 27**

**March 6, 13, 20, 27**

**April 3, 10, 17, 24**

**Saturdays**

**9:30-11:00 AM**

**RMACT Finance Offices**

**20 Glover Avenue**

**Norwalk, CT**

**February 6, 13, 20, 27**

**March 6, 13, 20, 27**

**April 3, 10, 17, 24**

**Saturdays**

**4:15-5:30 PM**

**YogaSpace**

**777 Federal Road**

**Brookfield, CT, 06804**

Please wear comfortable, loose fitting clothing. Bring a yoga mat (bought easily and inexpensively almost anywhere including TJMaxx, Target, Walmart, etc.), a bottle of water and two pillows that can easily have the pillow cases changed. . Class is at 9:30 am so please, no food after 8:00.

Classes in Norwalk will begin at 10:00. From 9:30-10:00, we will have a peer support group meeting where there will be a chance to share experiences, lend support and find comfort from those experiencing similar feelings around the challenges of infertility. You are always welcome to join us at 9:30 or at 10:00.

Classes will be led by **Lisa Rosenthal RYT** (Registered Yoga Teacher). Lisa is a former fertility patient, who also worked for over 17 years as a national patient advocate for couples going through infertility. Lisa trained with Lotus Garden for her 200 hour Registered Yoga Teacher, through Yoga Alliance. Lisa is uniquely qualified to understand the specific stresses and challenges that couples trying to conceive encounter.

The class will be designed for women and men with all different diagnoses, being mindful that stress reduction is a major component to these classes.