

Yoga for Your Uterus & Fertility Awareness Method

High Desert Yoga | 4600 Copper Ave NE



Learn to practice yoga and the Fertility Awareness Method!

This class series is for anyone who has a uterus and is in their reproductive phase of life. We'll explore yoga poses that can greatly benefit people with wombs and explore why practicing yoga can be helpful during menstruation and at other points in the ovulation cycle. As we dive deeply into the science behind the Fertility Awareness Method, you'll discover that it is an effective

hormone-free method of birth control and a great way to learn about your body and get a valuable glimpse into your health. You'll learn to chart your cycles and avoid pregnancy, hormone-free, or increase your odds of becoming pregnant.

Come and practice yoga and join this discussion about the reproductive system in a way your high school health class probably never did, but definitely should have! Sage Harrington is a yoga teacher and a FEMM Fertility Awareness Teacher.

Saturdays

October 7–December 16

2:45–4:15 PM

No class November 11 & 25

\$135 plus tax (145.13)

Must register for the entire series.
Register at highdesertyoga.com