

START TODAY!



My Yoga RN

Boost Your Fertility

**3 Tips to speed up fertility and
get back some control!**

BY SHERRY LONGBOTTOM, RN, E-CYT
FERTILITY YOGA SPECIALIST

MyYogaRN.com

Welcome! **A little about me**

And how I can help you!



SHERRY LONGBOTTOM, RN, CYT, CPYT, HOLISTIC NURSE

Fertility & Prenatal Yoga

PRIVATES ~ SEMI-PRIVATES ~ ONLINE SESSIONS

In-studio and New Option: ONLINE

Helping Women All Over The World

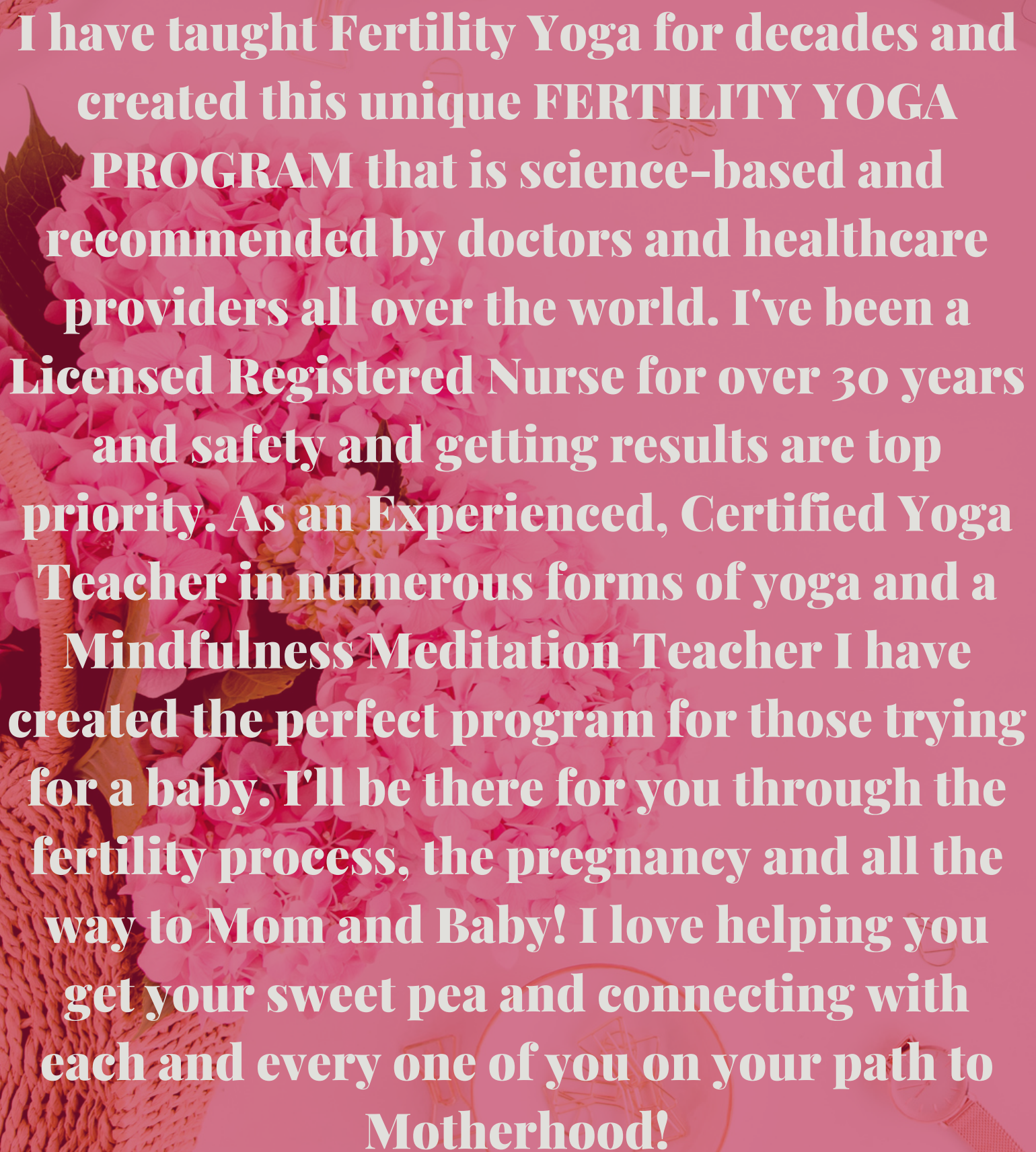
Calming 30 min. Online Meditation Only Sessions Too!

EMAIL ME AT MYYOGARN@GMAIL.COM

MYYOGARN.COM

**How I can help you on
your way to getting
your little one...**





I have taught Fertility Yoga for decades and created this unique FERTILITY YOGA PROGRAM that is science-based and recommended by doctors and healthcare providers all over the world. I've been a Licensed Registered Nurse for over 30 years and safety and getting results are top priority. As an Experienced, Certified Yoga Teacher in numerous forms of yoga and a Mindfulness Meditation Teacher I have created the perfect program for those trying for a baby. I'll be there for you through the fertility process, the pregnancy and all the way to Mom and Baby! I love helping you get your sweet pea and connecting with each and every one of you on your path to Motherhood!



AS PROMISED

3 Tips to Boost Fertility

1. Always sleep on your left side



Left side sleeping
increases blood flow and
circulation (oxygen) to
your uterus. You'll be
getting the uterus ready!

2. Breathe to calm the nervous system

breathe

Feeling tight, stressed,
then take a deep breathe
in for 5 seconds and
breathe out for 6 seconds.
Do this 3 times.

3. BMI within normal limits



Often we over exercise or under exercise. Our bodies need to be in balance. Look up your normal BMI and see where you are in that range. I can help you if you need to make a change.



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A Love Note

**LET'S MAKE THIS HAPPEN! START
FEELING STRONG AND IN MORE
CONTROL AGAIN!**

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"Sherry was a lifesaver for my husband and I. After two years of trying for a baby and 1 year of fertility treatments, we were unable to get pregnant. Everything changed when I met Sherry. She was able to quickly identify areas of stress and educate me on meditation and self-care. A few months later we received something we never expected: a positive pregnancy test and nine months later, our sweet son. We will forever be grateful for Sherry's guidance and I have returned to Fertility Yoga for baby number 2."

~Jess B.



Find more testimonials on My Yoga RN on
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