

bend, breathe and conceive

A new yoga DVD by Fairhaven Health (a specialty manufacturer of fertility-related products) aims to help women improve their health and fertility, restore emotional and physical balance . . . and get pregnant. Presented by yoga instructor Anna Davis, Ph.D., *Bend, Breathe and Conceive: Yoga for Fertility* consists of a flowing series of poses (asanas), hand positions (mudras), and meditative breathing techniques designed to help reduce stress and tone the areas of the body associated with fertility and reproductive wellness. A 20-minute educational introduction explains how yoga can help with conception. The video will be available as of March 1 for a suggested retail price of \$19.95. Visit www.fairhavenhealth.com or www.bendbreatheandconceive.com for more information.

