



Teleclass Testimonial

“The teleclass was a sort of tele-spa for me. It was a soothing way of easing into the workweek and it really helped me to have a designated time to relax with imagery work.”

Karen H. Heyman

“The class helped me slow down and stay with my breath. You showed us a clear path to tap into deeper parts of ourselves and more particularly tap into the possibility of calm and self-help through these exercises. Going back to the breath is so vital and helpful for all situations in life, and as you showed us each class: The very beauty of Yoga lies in its simplicity.” Anya

Both your yoga class and the teleclasses have been the highlight of my fertility journey to date. I was able to gather a lot of strength from the other women in the group, and I felt I learned from others as they described their experiences. The visualizations were very vivid and helped me to relax.” Claire

I liked being at home, in community. I found the classes relaxing and they also helped me feel proactive and more positive, supported, and less alone.” Beth