



Fertility Centers  
OF ILLINOIS®



Looking to try something new next time around?  
**Join our yoga research study!**

Fertility Centers of Illinois and Pulling Down the Moon are currently recruiting subjects for a joint research project examining the impact of yoga on anxiety and ART outcomes. If you recently experienced a failed IVF cycle (or miscarriage following a successful cycle) and are preparing for a subsequent, non-donor cycle within the next six months, you are eligible for this study.

In a previous study, we found that a six-week yoga class reduced anxiety levels in infertility patients by 20%! In a follow-up investigation, we are looking to measure whether yoga has impact on both anxiety levels and pregnancy rates after a previous, unsuccessful ART cycle.

Three different group interventions will be offered. Participants will receive a 50% discount on class fees and free study materials valued at \$35.00. Participants will complete an anxiety inventory questionnaire at the beginning, and then at the end of the intervention period. The questionnaire can be filled out electronically and takes about 10 minutes to complete.

Group	Locations	Reduced Cost	Time	Complimentary Study Materials
<b>Six Week Yoga for Fertility</b> (In Person)	Chicago/River North Highland Park	\$105	Six, 90-Minute Classes	The Infertility Cleanse (Book) Fully Fertile (DVD)
<b>Six Week Yoga for Fertility</b> (Online)	Online Webinar Format from Home	\$55	Six, 45-Minute Classes	The Infertility Cleanse (Book) Fully Fertile (DVD)
<b>Six Week Mind/Body Strategy Sessions</b> (No physical yoga practice)	Chicago/River North Highland Park	\$35	Six, 45-Minute Classes	The Infertility Cleanse (Book)

## How to Participate:

To join or to receive more information about this study, please email us at [research@pullingdownthemoon.com](mailto:research@pullingdownthemoon.com)