

**Instructions before and after Embryo Transfer**

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\*\*When you enter the hospital, in the doorway, take a breath, and on the exhale imagine that you breathe a transparent bubble around your body - a bubble of light, of protection. Everything that goes on around you is not about you. All the drama of others in the hospital-that's their story-not yours. You have this transparent bubble that protects and illuminates you.

 \*\* After you change clothes and are in a treatment room, ask your doctor and nurse to step out because you want a minute or two for yourself. That is your right. Lie on the bed in butterfly pose- (soles touching each other and knees out) and palms on the belly - thumbs touch under the navel and the pointers also touch, like a diamond shape) Breathe- your natural breath, unhurried, like waves in an ocean. Start to gently lengthen the exhale. Every breath, imagine that you breathe light into you, every exhalation, the light diffuses into every cell, every muscle, organ and bone, until your entire body is filled with light.

**After the transfer**

\*\* Watch a funny movie or tell your friend/support sytem/husband to make jokes to tell you right after the transfer - laugh!

\*\* MOVE! Do not lie down all day, but lie down a bit, walk a little, sit, a bit of everything. ( unless instructed otherwise by your doctor) The body is built to move, so move. **(movement = Blood flow, circulation, vitality, rejuvenation, healing)**

Make sure that the area of ​​the pelvis and feet are warm (wrap a scarf around the hip / pelvis area and put on a pair of socks) (you are an incubator now ;)

\*\*Breathe - breathe fully and with patience - breathe with 4 pulses of breath - inhalation -space - exhalation – space. Every time the thoughts come in, return to the breath. Breathe in, breathe out. In the case of stress - anxiety - sit down, put your hand on your heart, ribs or belly and take a few deep, long breaths(Inhaling through your nose, imagine you smell a flower, exhale through your mouth, imagine you're breathing through a straw)Remember the four beats of the breath(inhale-space-exhale-space)This space is the space between you and the situation, between you and the treatment. Remember that you are not the situation, you are not the tension; It's part of you, it also goes through you but it’s just a part of you.

\*\* You get an exemption from work - use it! You Deserve it!! Do something unusual, because what you're going through is not routine - recognize it. Change the routine; Go to a movie, a cafe with a girlfriend, shopping !!, a museum, walking in the garden, visiting an aunt, and so on - do something that makes you happy!

\*\* Do some movement to release the hip joints - (circles of the knees in the same direction, opposite circles, "belly dancing on the mat, move the pelvis back and forth with breath, circles and in all directions)

Legs on the wall ( optional bolster under your hips) between 3 minutes and 15 minutes - at the same time, play nice music –

Guided imagery

If you sit at work a lot, put an alarm clock every half hour and stand.

The body wants to move. The pelvis needs blood flow. Move in the chair, roll your pelvis, rotate your shoulders, activate your pelvic floor muscles (gather and release).

\*\*and keep breathing, knowing you were given an opportunity….

Call me if you have any questions

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