



Aligned Fertility Starter Bundle

Welcome lovely! 🌸

I'm so excited you're here and ready to begin your Aligned Fertility journey. Inside this bundle, you'll find everything you need to start nourishing your body, mind, and energy in a way that feels supportive, joyful, and aligned with your natural rhythms.

Remember, fertility is not something to force - it's something to nurture, receive, and blossom into. ✨

If at any point you feel you'd like extra guidance or personalised support to tailor this journey to your unique needs, I'm here for you.

You can reach out anytime over at
www.alignedhormoneharmony.com

Here's to your alignment! 🌿💛

With love,

Donna 💜

aligned fertility workbook



This 121 page workbook takes you through the 7 ALIGNED pillars. There's trackers, checklists, affirmations and journal prompts. Remember, you don't have to do everything all at once! Build one small habit at a time. This is your foundation to hormonal health **for LIFE!**

[Download Here](#)

fertility garden meditation

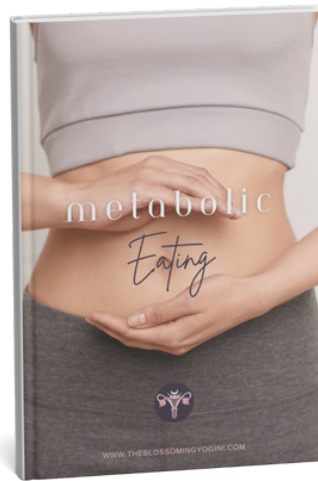


A 10 Minute Fertility Garden Meditation with Affirmations! I've also included some mindful colouring pages with the affirmations too!

[Download Here](#)

[Colouring Pages](#)

metabolic eating guide



A guide on how to begin eating to support your metabolism and
your fertility!

[Get the Guide](#)

aligned fertility alchemist



Meet the Aligned Fertility Alchemist! Your soulful fertility companion - rooted in ancient wisdom, guided by science and here to support you through every phase of your cycle with softness, clarity and compassion

[Chat with her here](#)

yoga & movement classes



A selection of Yoga classes from my YouTube channel for each phase of your cycle.

Yoga for each Phase