

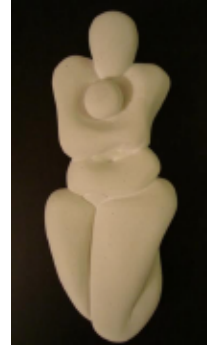
preparing your body to conceive

with lisa pedersen

saturdays, 2/13, 3/13 from 2:30 - 4:00

fee: \$40/ea • rsvp 310 374 5933

Lisa Pedersen, founder of Mindful Beginnings, believes that the journey towards having a baby truly becomes a mindful beginning.



In this 1.5 hour workshop you will have the opportunity to participate in restorative yoga, breathing and meditation to enhance your body and mind's ability to:

Naturally Conceive

- Complement the efficacy of your fertility treatments administered by your doctor.
- Reprogram your mind to combat stress and negative thoughts.

An 11/04 Wall Street Journal article noted a Harvard based study, where women having a mindfulness program were more likely to conceive than those without one.

We believe your approach to conception is a personal journey. A Mindful Beginnings' approach supports your journey and incorporates new ideas to prepare the body and mind for self-discovery and (ultimately) for conception.

