

# preparing to conceive

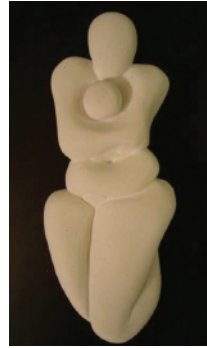
with lisa pedersen

saturday, may 8th from 2:30 - 4:00

fee: \$40/ea • rsvp 310 374 5933

Mindfulness Package \$120 for 10 Classes

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.



In this 1.5 hour workshop, Lisa will offer you an opportunity to participate in restorative yoga, breathing, meditation and group discussion to open 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.
- For those who participate in the Mindfulness Package, you will have an opportunity to share your experience in a group setting.

We believe your approach to conception is a personal journey and the many tools we offer at LYFE will further enhance the experience. The Mindful Beginnings' approach supports such a journey to facilitate witnessing new ideas to prepare the body and mind for self-discovery and ultimately for conception.

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

