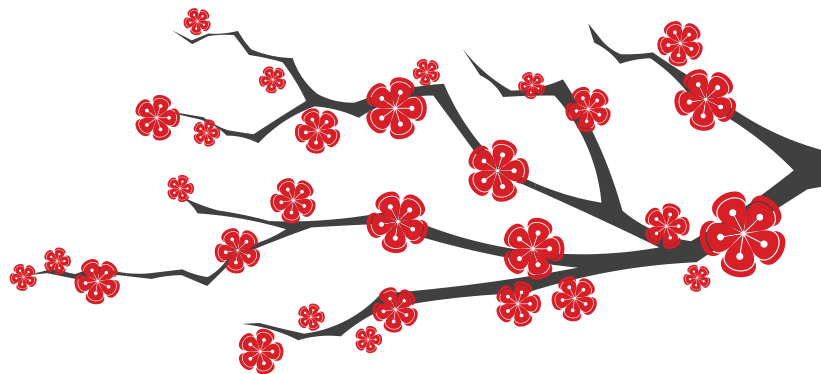


Mindfully Fertile



Hypnosis and Yoga Workshop for Fertility

Mindfully Fertile explores tools and therapies for a holistic approach to fertility and conception. This experiential workshop is for anyone seeking ways to enhance natural conception or to support assisted conception.

- Experience the transformative power of hypnosis as it changes negative thought patterns into more positive thoughts, allowing for better coping.
- Develop a gentle yoga practice designed to mindfully calm your body and stimulate the endocrine and energy systems that support conception.
- Gain specific mindfulness tools to help you cope with the stresses of infertility.

October 2, 2010

2-5pm

Women's Workshop

November 6, 2010

2-5pm

Women's Workshop

November 13, 2010

2-5pm

Couples Workshop

December 4, 2010

2-5pm

Women's Workshop

see MindfullyFertile.com for locations & fees

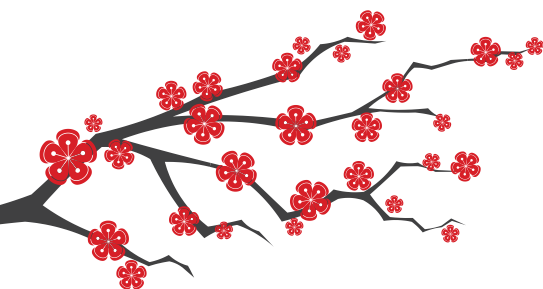
The benefits of mindfulness for coping with fertility issues include:

- Relaxing your mind and body during procedures and during the 2WW (two week wait).
- Calming your mind enough to make decisions and to consider alternatives from a grounded place.
- Taking some quiet time to heal, rest and recover from the physical and emotional traumas that occur during this process.
- Creating lifestyle habits that increase your odds of conception and contribute to a lifetime of well-being.

Led by:

Jennifer Bessel, Ph.D. (Licensed Psychologist PSY16404) is dedicated to helping individuals cope with the struggles of infertility through the use of hypnosis and mind-body techniques.

Charlene Selsvold, LCSW, RYT, (Licensed Clinical Social Worker LCS 22648) integrates a broad knowledge of psychotherapy, Jungian dreamwork, and yoga in a mind/body/spirit healing practice (www.cselsvold.us).



**Pre-registration necessary, please contact:
Jennifer Bessel, Ph.D. 619-840-4785
www.mindfullyfertile.com**