

Conscious Conception™

A workshop for men and women who want to offer their baby the best possible life by preparing themselves for the miraculous, and vitally important moments during conception and pregnancy.

The desire to parent a child can inspire transformation. Often people yearn for a healthier lifestyle that will benefit their baby. Conscious Conception begins with your intention to invite a child into your family. As you refine your intention for the highest good, and practice communicating your intention, you will experience a shift within yourself—an alignment with your intention and a receptivity to the response of the Universe!

During this class, participants will:

- * Create and practice their intentions for welcoming a child into their family (and have an opportunity to share them with the group, if they wish)
- * Learn which foods and supplements best prepare your body for conception and nourish you and your baby throughout pregnancy
- * Learn how to create a healthy, non-toxic living environment and how to avoid environmental impediments to conception
- * Learn and practice an Intimacy / Connecting Exercise
- * Learn and practice part of Marla Apt's yoga sequence that helps prepare the body, mind and spirit for conception
- * Learn a simple meditation technique
- * Meet like-minded people who might become part of your community

Saturday, February 13, 2010, from 1 - 5 pm

In Focus Wellness | 717 Broadway, Santa Monica, CA 90401

\$55 per person

Pre-registration is required. For more information,

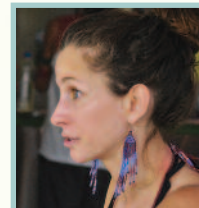
visit www.consciousconceptionandpregnancy.com or call (310) 455-0713.

Workshop Facilitators:



SAHAJA DOUGLASS MA., LMFT, a licensed marriage and family therapist, practices in West Los Angeles, Santa Monica and Topanga, California. In private practice, she works with individuals, couples and groups, focusing on the exploration of issues related to conception, pregnancy, birth, miscarriage, fertility

and postnatal parenting. Sahaja has been practicing hatha yoga and meditation for twenty-two years. In 1998, she received her yoga teaching certificate from the Santa Barbara Yoga Center. In addition to her psychotherapy practice, Sahaja leads workshops and classes that integrate yoga, and spiritual practices with psychotherapy. For more information about Sahaja's sessions, classes, groups and workshops, visit: www.consciousconceptionandpregnancy.com.



JANABAI AMSDEN has been committed to a life of working to improve the health of her community and the health of the planet for almost two decades. Janabai has worked in the health food industry for 13 years, but after connecting to the raw food lifestyle in 2000, she started working as a detox coach, raw food chef and

healer. With husband Matt Amsden, she opened Euphoria Loves Rawvolution Cafe in Santa Monica, California. On the forefront of alternative health and the green movement, Janabai is a respected speaker and community leader on topics from natural beauty and raw food to green business models and alternative currency. Like a modern day medicine woman, she can often be found at the cafe, talking with her customers and staff, helping to spread her collected wisdom.