

# OPTIMIZING YOUR FERTILITY



Three dates to choose from:

Sunday, January 31, 2010

OR

Sunday, February 21, 2010

OR

Sunday March 21, 2010

2:30 to 5:30 PM



Special Introduction by Robert Boostanfar, MD, FACOG, Board Certified in both Obstetrics/Gynecology and Reproductive Endocrinology/Infertility. Dr. Boostanfar and all of the doctors at HRC Fertility believe that treating the mind and body is just as important as treating infertility.

## A WORKSHOP FOR PARTNERS INSPIRED BY STRONG YOGA4FERTILITY™

The stress of fertility challenges can take a toll on mind/body as well as your relationship, and potentially make it even more difficult to conceive.

*Come and learn how to better manage your stress using an integrative approach to health!*

### In this workshop you will:

- Discuss causes of female and male infertility
- Learn the symptoms of the stress response (fight-or-flight) and how stress and other lifestyle choices (diet, sleep, exercise) affect fertility
- Practice Partner Yoga poses which facilitate blood flow to the reproductive organs, relax mind and body and enhance connection with your partner
- Learn the basics of mind-body connections and participate in a deep relaxation/guided imagery exercise geared to enhance fertility

**Fee:** \$90.00 per couple (includes materials)

**Where:** HRC Fertility, 15503 Ventura Boulevard, Suite 200, Encino, CA 91436

**Please bring yoga mats if you have them**

**To reserve your space please contact Dr. Deborah Anderson at 818-235-2158**



Wendy Shubin MPAS, PA-C holds a BA in psychology and a Master's in Physician Assistant Studies. She currently works for HRC Fertility. Wendy runs clinical trials leading the way for new medical advances in assisted reproductive techniques. She has been practicing and teaching yoga for over seven years and has studied yogic philosophy in India. Wendy has combined her two passions, yoga and fertility, to create well-rounded treatment protocols for patients. HRC Fertility believes in treating the whole person as well as their partners through individualized fertility treatments, nutrition and yoga. For more information please visit HRC Fertility's website at [www.havingbabies.com](http://www.havingbabies.com).



Deborah Anderson, Ph.D., RYT is a licensed psychologist and registered yoga teacher with expertise in mind-body medicine. She uses a variety of mind-body techniques (e.g., relaxation and mindfulness training, hypnosis) to promote healing, symptom reduction, and overall well-being. In 2006, she became a yoga teacher to further her knowledge of mind-body healing, and she teaches yoga and meditation classes. Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices. For more information please visit [www.drdeborahanderson.com](http://www.drdeborahanderson.com), [www.mindfulbeing.net](http://www.mindfulbeing.net) and [www.lotusew.com](http://www.lotusew.com).



Wendy Obstler, RYT, is a registered yoga teacher and Strong Yoga4Fertility™ (Inspired) Teacher. Along with her specialty in teaching fertility yoga, she also teaches Pre & Post-Natal and works with women to rehabilitate pelvic disorders through yoga, breath and body awareness. Wendy is currently working towards her Yoga Therapy Rx certification at Loyola Marymount University here in Los Angeles. For more information, visit: [www.divinesparkyoga.com](http://www.divinesparkyoga.com).