

RELAXATION AND OTHER MIND-BODY TECHNIQUES FOR PREGNANCY, LABOR & DELIVERY AND POST-PARTUM RECOVERY

A 4-WEEK COURSE:

SUNDAY, OCTOBER
11, 18, 25 (1-3 PM),

SUNDAY, NOVEMBER
1 (1:15-3 PM)

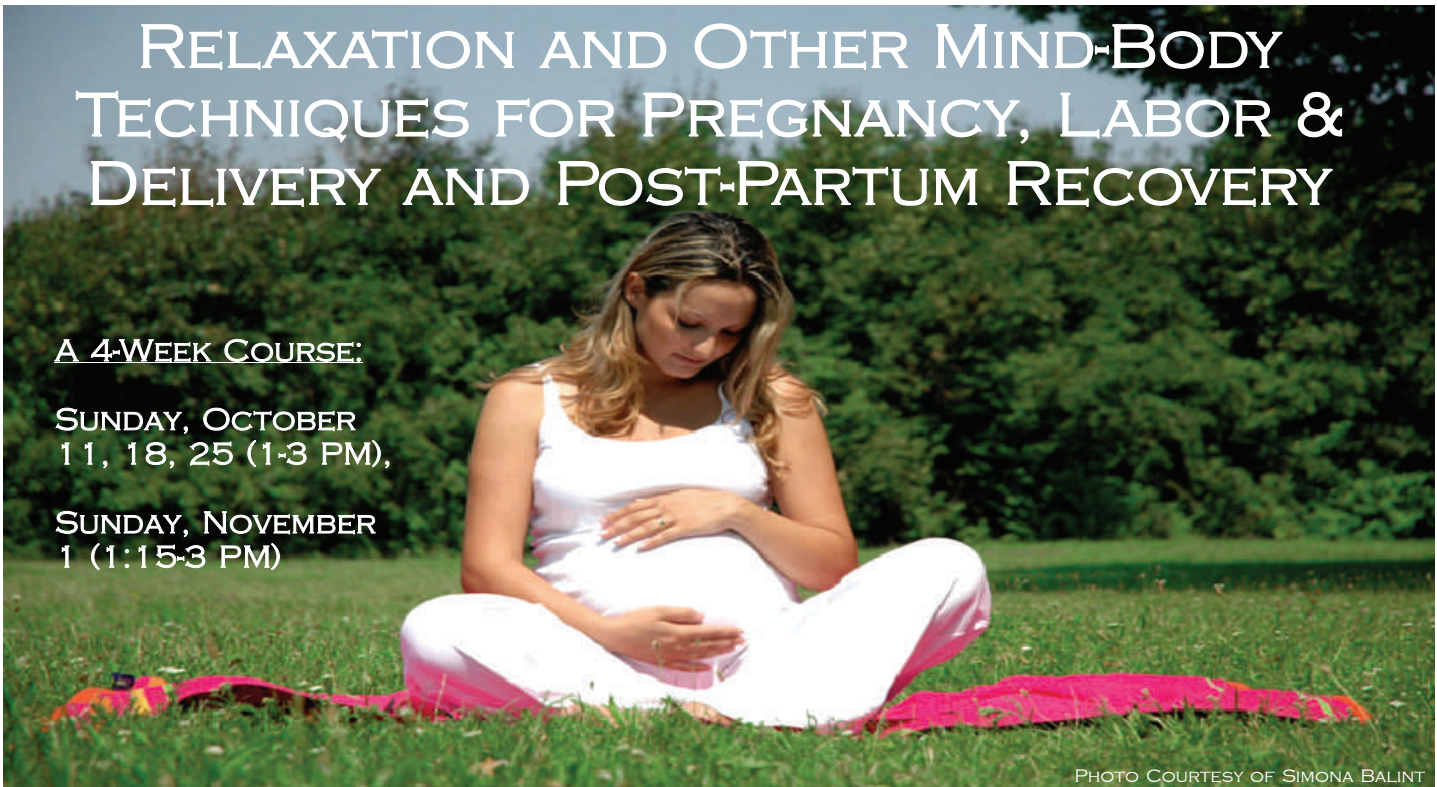


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Managing your stress throughout your pregnancy can improve blood flow to the uterus and lower birth complications. The ability to stay relaxed during delivery can help your labor progress more quickly and easily, minimize any discomfort, and lessen the chances of needing medical interventions. In the post-natal period it can help you recover more quickly, help with breastfeeding and enhance attachment to your baby.

Come and learn how to tune into your body and tap into your innate ability to relax, heal and be an empowered participant in your pregnancy and birthing experience.

Course Objectives:

- Have a basic understanding of mind-body connections
- Learn a variety of mind-body techniques (diaphragmatic breathing, mindfulness, self-hypnosis, meditation, guided imagery) to induce deep relaxation or other desired changes in your body
- Explore fears about pregnancy, labor & delivery, and parenthood and learn to better manage them
- Be a more confident birthing partner by understanding how to best support the process

All participants receive two CDs for home practice: 1) Mindful Relaxation; and, 2) Self-Hypnosis for Labor & Delivery and Post-Natal Recovery.

**To reserve your space please contact Two Hearts Yoga at 818-501-YOGA (9642)
\$175.00 per couple/\$125.00 individual (includes all materials)**



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818-501-YOGA (9642)

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 (including prenatal yoga). Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices. For more information, please call her office at 818-235-2158 or visit www.drdeborahanderson.com, www.mindfulbeing.net and www.lotusew.com.

