



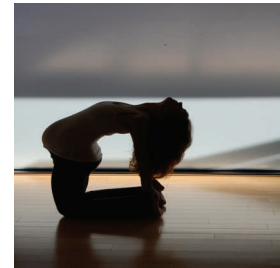
4454 Van Nuys Blvd.  
Sherman Oaks, CA 91403  
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[www.twoheartsyoga.com](http://www.twoheartsyoga.com)

## Deep Relaxation & Self-Hypnosis for Pregnancy, Labor & Delivery, and Post-Natal Recovery

A four-week workshop

Sunday August 2, 9, 16, 23 2:00—4:00 p.m.  
\$135.00 (including all materials)

**Whether your goal is a natural childbirth or a planned C-section, you can benefit from this workshop!** Deep relaxation and self-hypnosis techniques can help you to better manage your stress during pregnancy, and give you tools to be more comfortable and empowered during your labor & delivery and post-natal experiences.



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 and how to use them
- Explore fears about pregnancy, labor & delivery, and parenthood
- Learn how to use diaphragmatic breathing and mindfulness techniques to induce a deep relaxation in your body
- Practice hypnosis and self-hypnosis techniques including specific suggestions for pregnancy, labor and delivery (natural or surgical), and post-natal healing

All participants will 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)**



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 her websites at [www.drdeborahanderson.com](http://www.drdeborahanderson.com) and [www.mindfulbeing.net](http://www.mindfulbeing.net).