

Yoga for Conception

with
Cory Sipper

WHAT YOU WILL LEARN IN THIS WORKSHOP:

- Gentle yoga postures that soothe the nervous system and nourish the reproductive organs- thus increasing the likelihood of a healthy pregnancy
- Why and how stress impairs a healthy reproductive system.
- Specific techniques for relaxing during fertility procedures such as IUI or IVF
- How to bring more acceptance and gentleness into your everyday life while trying to conceive.

NO PREVIOUS YOGA EXPERIENCE NEEDED!

*Also available for purchase at the workshop:
"Yoga for Conception" DVD and manual.



Cory Sipper is a certified yoga instructor who has been practicing yoga for 16 years and teaching for 7 years. Her advanced studies in both Yin Yoga and Therapeutic Yoga were of assistance to her in the development of 'yoga for conception'- a

gentle practice she created for herself during her own struggle with infertility. After becoming pregnant with her first child, Cory decided to share this practice with all women who are on the journey to motherhood. Cory has written about yoga's healing powers in connection with infertility for several publications, including Yoga Journal. A clear and compassionate teaching style combined with her first-hand experience in trying to become pregnant makes Cory a wonderful guide for this very special workshop.



Saturday, July 18, 2009

2:00-4:00pm • \$35



Tel: 805.965.6045
32 E. Micheltorena St.

www.SantaBarbaraYogaCenter.com

Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.