

Conscious Conception & Fertility:

A spiritual and physical journey for couples



*Are you trying to get pregnant?
Are you planning on getting pregnant soon?
Would you like to enhance your fertility?
Would you like to create a fulfilling, loving
and holistic experience of conception and
pregnancy?*

*This workshop will show you how to conceive
consciously. As a couple, you will create a
sacred space for your baby. You will learn
how to break through physical and spiritual
blockages to fertility as well as how to make
the road to pregnancy joyful, fulfilling and
nurturing.*

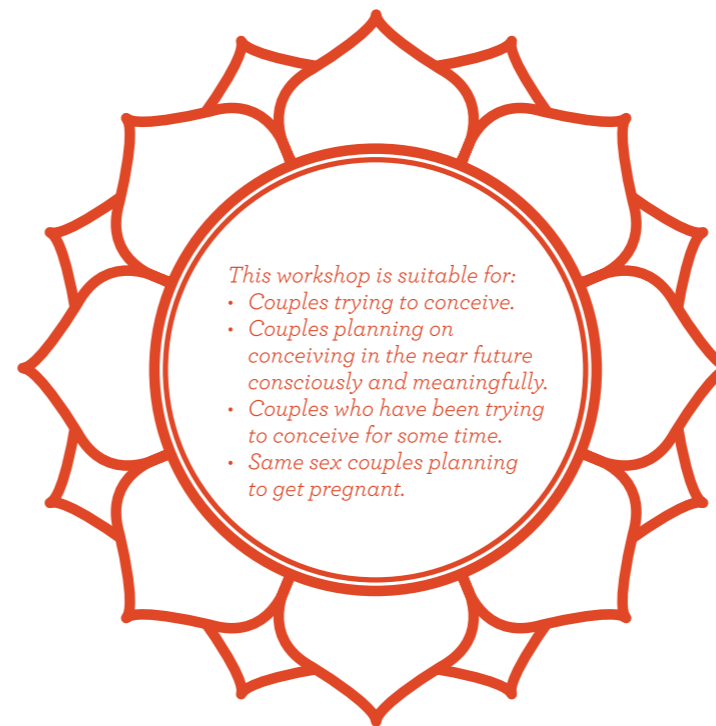
THIS WORKSHOPS INVITES YOU AS A COUPLE TO WORK TOGETHER TO CREATE THE PERFECT CONDITIONS FOR THE CONCEPTION AND BIRTH OF YOUR BABY. YOU WILL CONNECT ON A DEEP LEVEL WITH EACH OTHER AS WELL AS THE BABY WAITING TO BECOME PART OF YOUR FAMILY.

You will learn holistic methods including meditation, yoga, nutrition, acupressure massage and sacred ritual to enhance your chances of a fast and fulfilling road to pregnancy. These are all practical tools you can easily take home.

It may be that you are planning on conceiving soon and would like to learn how to make the journey of conception and pregnancy fulfilling, connecting and meaningful. Or perhaps you have been trying to conceive for some time and would like to learn natural ways to enhance your fertility, balance your hormones, reduce stress and bring more joy and connection to your journey to parenthood. This workshop is designed for you.

Tools you will get:

- Learn how to conceive consciously.
- Learn how to break through physical and spiritual blockages to fertility.
- Learn simple nutrition and lifestyle tips for enhancing fertility as well as having a healthier and happier baby.
- Effective ways to balance your hormones and bring more joy and connection to your journey to parenthood
- Meditation, yoga and guided meditations specifically designed to optimise your fertility and reduce stress.
- create the perfect conditions for the conception and birth of your baby
- Create a sacred space for your baby.
- Create a deep connection with your partner and your soon to be conceived baby now.
- Fertility involves the coming together of souls. Learn how to create this sacred connection.
- The opportunity to participate in weekly Fertility Yoga sessions (optional).
- Complementary CD.



This workshop is suitable for:

- Couples trying to conceive.
- Couples planning on conceiving in the near future consciously and meaningfully.
- Couples who have been trying to conceive for some time.
- Same sex couples planning to get pregnant.

The facilitators:

Daphne is a holistic therapist who specialises in women's health. She has a Masters in Psychotherapy and is also an Ayurvedic practitioner and yoga and meditation teacher with over 15 years of experience. In this workshop she draws upon her extensive knowledge of Ayurveda, yoga, psychotherapy and nutrition to create an integrated, inspiring and informative workshop. A mother herself, Daphne is passionate about supporting couples through their journey into parenthood.

Steven specialises in Shiatsu and accupressure: a powerful pressure point therapy which effectively harmonises the body system, creating hormonal balance and optimal health and vitality. He is a meditation practitioner of many years. In this workshop Steven draws upon these two disciplines to help you achieve balance in your own body as well as with your partner to free up any blockages to fertility and conscious conception. Steven also works in the corporate world. A father himself, he is passionate about helping couples support each other on the road to conscious fertility.

Daphne and Steven are married and have the pleasure of living and working together in Sydney.



"Daphne's gentle and powerful support has opened my eyes and heart to what fertility and conception are really about. Thank you for all the beautiful meditations, breathing, pressure points and insights."

K. W

"With the help of meditation, lifestyle changes and deep inner work, we were able to get pregnant consciously and with the support we needed (22 weeks now!!). We are so happy! Thank you so much."

M & B. D



Date: September 21 & 22
Time: 10am – 5pm
Venue: The Sacred Place
71 New South Head Road, Vaucluse.
Investment: \$435 per couple,
including meditation CD.
Early bird price: \$415
(paid in full before August 21)
To book please contact Daphne
Phone: 0424 711 991
Email: daphne@shaktibliss.com.au

Places are strictly limited
so please book early to
avoid disappointment.

Shakti Bliss