

Offered Several times per year

Remaining 2011 Sessions: 10/15.
Next Session: Early 2012.

Can be taken multiple times, and at any stage of pregnancy, as each class will provide you with more practice.

Birth Support partners attend for free.
Henna Birth Belly art by Brittany Stone included
Beverages and snacks included.
Walk-Ins are welcome as long as space allows.
(RSVP is encouraged)

I am preparing my body, my mind, my spirit for my baby's healthy arrival. I trust my innate intuition and body's wisdom, the course of labor and my baby's knowingness to be born...



You may register online at:
www.highdesertyoga.com/workshops
Telephone: 232-9642 or 505-514-4377
heatherleefarrell@mac.com

Class Series and Workshops are held at
High Desert Yoga:
4600 Copper Avenue NE
Albuquerque, NM 87108

www.heatherleefarrell.com,
www.intuitivebirthingdoula.com
505-514-4377
heatherleefarrell@mac.com.

Yoga for Birthing



Intuitive Holistic Practical Childbirth Preparation with a Yogic Twist

The perfect hands-on compliment to
Childbirth Education Classes

with

**Heather Lee Farrell
and
Louise Self**

Trusting our Own Wisdom to Birth with Intuition, Practical Preparation and Support

