

# Yoga

## for fertility



*“align your body & mind with the desires of your heart & soul”*

This unique course will encourage you to look beyond the physical, to the emotional, mental and even spiritual factors. Gently bringing balance to the relationship with self, partner, family of origin and to the way that you are living your life.

As you reconnect with yourself, you will be inspired to place greater emphasis on respecting your time and energy as well as trusting your feminine intuition concerning your fertility.

Those on IVF will receive extra practices and online support to help you to remain completely present and positive throughout the treatment.

*Susanne Calman* specialises in yoga for women, and is passionate about inspiring women to transform themselves and their life for their own health and wellbeing and her insights help many women to realise their dreams. Susanne also runs women's retreats to nourish the soul.

### *Course includes*

Yoga classes, take home notes, online support, guided relaxation CD, aromatherapy oil & guest facilitator.

health      wisdom      balance



“and the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom”  
anais nin.....

**Susanne** is a Reiki master and intuitive healer with 11 years experience, She is highly intuitive and her insights will guide and support you to make positive choices and changes in life.

### ***Intuitive healing for fertility***

A rich mosaic of healing therapies blended together to create a very powerful and transformational healing. Susanne utilizes the gifts of Sekhem, Touch for Health, crystals, essences, aromatherapy oils, breathing techniques, visualizations and affirmations.

1 ½ hrs \$90      2hrs \$105

### ***Reiki/Seichim healing for after conception***

A feminine healing energy that relaxes the body calms the heart and soothes the soul to allow you to celebrate and enjoy your pregnancy.

1hr \$75

### ***Relaxation CDs***      \$30

When the demands of life are too much it depletes your creative feminine energy. The gift of relaxation brings balance to your inner and outer life.

*Mandala* – daily guided relaxations for healing & transformation  
*Santosa* – body and mind relaxation for a sound restorative sleep



#### **Susanne Calman**

Director,  
Williamstown Yoga Centre

Hatha Yoga teacher  
20 years experience  
Reiki master, intuitive healer

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Next course:

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#### **FOR ENQUIRIES AND BOOKINGS**

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