

Intuitive Birth Art Workshop

Wednesday
20th January
2010

10am – 1pm



This workshop is for you, if you are pregnant and want to get more in touch with your natural inborn ability to give birth.

It is run by me, Lena Chandler, an ex-midwife, teacher, complementary therapist and artist. I have led workshops in natural birth since 1984 and have made CDs for fertility, pregnancy and birth. We will play the Intuitive Birth CD during the workshop and you get one to take home to use.

The aim is to explore and release any fears and anxieties about pregnancy, birth, motherhood or anything else! Helping you to feel more confident and less worried about the birth and becoming a mother.

We will play with and create personal, inspiring images without any pressure on artistic ability. It will be fun and very beneficial to you.

The cost is £50 including an Intuitive Birth CD and all art material and refreshments. The venue is “**Aquarian Studio**”, at my house
67 Barnfield Road, Harpenden, Herts. AL5 5TH

To book your place, please contact me :

lena@aquarianwomenshealth.com or call 07789087070

www.aquarianwomenshealth.com