

# Natural Fertility Art Workshop

Wednesday  
27<sup>th</sup> January  
2010  
7pm – 10pm



This workshop is for you, if you are hoping to get pregnant and want to get more in touch with your body, mind and spirit.

It is run by me, Lena Chandler. I am 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 Moon Flow CD during the workshop and you get one to take home to use.

The aim is to explore and release any fears, anxieties and frustrations about pregnancy, birth, motherhood or anything else! It will help you to feel more confident and less worried while you are waiting for a baby.

We will play with and create personal, inspiring images without any pressure of artistic ability.

The cost is £50 including an Natural Fertility 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](http://www.aquarianwomenshealth.com)