

# Fertility Workshop

## Mind \* Body \* Yoga \* You

Reproductive Wellness & Hapa Yoga invite you to a workshop dedicated to you and your fertility. Learn tools to help improve your chances of a healthy and natural pregnancy.



**Saturday, October 19th 2:00-4:30 PM**

**Location: Hapa Yoga | Cost \$30 \*  
4242 Camino Del Rio N. #10 92108**

2:00 Registration

2:15 Introduction

2:30 Fertility Yoga (50 Mins)

3:25 Fertility Guided Imagery & Meditation

3:45 Nutrition and Lifestyle

***\*\$10 Discount for Reproductive Wellness & Hapa Yoga Clients***

**Space is Limited. Inquire & Reserve:**

[ana@reproductivewellness.com](mailto:ana@reproductivewellness.com)

(858) 381-2281 \* [www.hapayoga.com](http://www.hapayoga.com)



Hapa Yoga

REPRODUCTIVE WELLNESS  
ACUPUNCTURE & INTEGRATIVE MEDICINE

