



HeartSprings

wants to help you,
by complementing
your doctor's methods, to give
you the best mind/body medi-
cine approach to help you con-
ceive. Everything is in one cen-
tral location, focusing on YOU
and your needs.

Two Introductory Sessions run
throughout the year.

Sept. 19-Nov. 10, 2009

January 16-February 23, 2010



Dealing with Infertility



Come to YOUR
center for Health,
Hope, and Healing

HeartSprings
Located at:
Messiah Lutheran Church
2010 N ELM ST
Fargo, ND 58102

Phone: 701-261-3142
Fax: 701-237-4937
E-mail:
jnelson1409@yahoo.com



HeartSprings

HeartSprings



Tel: 701-261-3142

Conquering Infertility

An 6-week program in Mind/Body Medicine Modeled after Dr. Alice Domar's Approach

[Currently, this program is limited to five couples and runs two times per year.]

One Full Saturday Introductory Class

- Introduction to: What is massage, reflexology, and healing touch? How can it help me with infertility?
- Introduction to biofeedback
- Introduction to compassionate communication
- Introduction to yoga, Qi~ssage, and meditation series.
- Group imagery
- Introduction to laughter yoga
- Establish a buddy system

6-Week (2 ½ hour) sessions

include the following:


- Group couple's session in compassionate communication (6 week)
- Group couple's stress management training using biofeedback (2-week)
- Choice in Yoga for Infertility, Meditation, Qi~ssage, Worship/Healing Services (4 weeks)
- 4 sessions are paid in one of the following: massage, reflexology, and/or healing touch
- Extra helps included in the program are:

An infertility CD

An emwave rental for

relaxation biofeedback

What:	Infertility Mind/Body Medicine Course
Where:	HeartSprings Located: Messiah Lutheran Church 2010 N Elm St., Fargo, ND
When:	Saturday Introduction Saturday, January 16, 2010 9am-3:30pm
When:	6-week Classes Tuesdays, January 19- February 23 from 5:30-8pm
Why:	To help you conceive
Cost:	\$712/couple



“You will be happy again. Life will become joyful again. And somehow, some way, if you want to become a parent, you will.”

Alice Domar

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