

# NOURISHING YOUR FERTILITY

4 Sundays 6:00-8:30

Grass Valley, CA



\$140

Scholarships Available

See

[NourishingYourFertility.com](http://NourishingYourFertility.com)  
for more details

Cultivate your Health and Fertility with a Holistic Approach  
and Explore Preconception Parenting

**You will learn the benefits and basics of:**

- Fertility Awareness
- Whole Foods Nutrition (with an emphasis on fertility foods and essential nutrients)
- Reducing exposure to environmental toxins
- Complementary, Allopathic, and Integrative Medicine in support of fertility
- Preconception Parenting
- Creating time for practices that relieve stress
- Therapies for releasing emotional and physical trauma
- Taking time to nurturing yourself
- Ways to create more intimacy with your partner
- Learn partner bodywork and acupressure for fertility
- Create an emotional environment between you that fosters new life
- Using the Law of Attraction

**Partners encouraged to join class for FREE!** The class will focus predominately on women's fertility, however, there will be specific information provided to address men's fertility health as well. This is a journey that you co-create together. The shared experience of learning together will spark conversations that help develop your own insights while nurturing the relationship between you.



Contact Denise Reynolds for more information or to register. Four part series \$140.  
530-263-3545 or by email [denisemreynolds@yahoo.com](mailto:denisemreynolds@yahoo.com)

Denise Reynolds is mother to 8 year old Timmy and 4 year old Ryan. Her fertility journey began in 1995. Along the way she attended Heart & Hands Midwifery Intensives & Advanced, DONA Certified Doula Training, Birthing From Within Childbirth Education, a Wise-Woman Apprenticeship with Chrysalis Woman, and Nourishing Traditions Classes. She has practiced as a doula, and childbirth educator, and is immersed in the journey of the Sacred Feminine. She also teaches "Cultivating the Landscape of Birth", a birth and pregnancy resource class.

Visit [NourishingYourFertility.com](http://NourishingYourFertility.com) for more a more detailed description and bio.