

# Fertile Intentions™ Couples Day Spa

Saturday, October 25, 2008  
Creative Chakra Spa, Marina del Rey

## Learn

- Which foods have strong associations with fertility
- How to detoxify your home environment to help balance hormones
- How to eat to reduce your risk of pregnancy-related problems
- How to use cosmetics safely when trying to conceive



## Experience

- Relaxing yoga on the beach
- A tasty, pregnancy-friendly lunch
- A hormone-friendly facial
- Couples stretching

**\$350 Basic Package/\$600 with Couples Massage**

## Your Hosts

Nadereh Afsharmaneh, PhD, Environmental Chemist/Plant Manager, Earth Friendly Products  
Jeffrey Batchelor, Organizational Consultant

Susan Dopart, MS, RD, Registered Dietitian and Fertility Specialist, Santa Monica, California  
Sandie West, RYT, NMT, NCCPT Registered Yoga Therapist and Owner, Creative Chakra Spa  
Monika Woolsey, MS, RD, Registered Dietitian and Creator, Fertile Intentions

## Our Sponsors

Belly Bar  
Diane's Fresh Start  
Earth Friendly Products  
Organic Bistro Whole Life Meals  
Zing Bars

# Fertile Intentions Registration Form

Names \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

We'd like to sign up for the \_\_\_\_\_ basic (\$350) day  
\_\_\_\_\_ deluxe—with couples massage (\$600) day

We're enclosing a check

Please use our  Mastercard  VISA  Discover card.

Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Three Digit Security Number \_\_\_\_\_

Credit Card Billing Address (if different from above)

\_\_\_\_\_

Signature \_\_\_\_\_

(in signing this registration form, I (1) authorize my credit card to be billed as denoted and (2) acknowledge that I understand that this registration is not refundable. If we become pregnant before the date of the spa, we can schedule a celebratory couples massage, and our spa registration will be exchanged for an initial healthy pregnancy

consultation with Susan Dopart, MS, RD