

Sharing Wisdom on the Fertility Journey

The Fertile Soul Wellness Tele-Support Groups Fall 2011

The Fertile Soul is pleased to offer six-week Wellness Tele-Support Groups beginning October 2011. The session will focus on six essential aspects of the fertility journey. Each sixty-minute phone call will include a lively discussion and an opportunity for participants to share and ask questions. Christine Stuart, a Fertile Soul Wellness Consultant, will facilitate the calls.

- Week 1 **Introductions and Unmasking the Illusion of Control**
Parenthood is one long exercise in relinquishing control . . . or the illusion that we ever had it. Jane Adams
- Week 2 **Understanding our Beliefs about our Fertility Journey**
The Mind is a wonderful servant but a terrible master. Robin Sharma
- Week 3 **Tuning into the Wisdom of our Body**
The body never lies. Martha Graham
- Week 4 **Listening to the Voice of Intuition**
The only real valuable thing is intuition. Albert Einstein
- Week 5 **Transforming Suffering into Enlightenment**
You will be graced with the disasters your soul requires to find its way home. Martha Beck
- Week 6 **Finding the Flow: Allowing vs. Controlling**
You were born with wings. Why prefer to crawl through life? Rumi

Group 1 will be held at 1:00 PM EST on the following Mondays: October 10, 17, 24, 31 and November 7 and 14. Group 2 will be held at 8:30 PM EST on the following Thursdays: October 13, 20, 27 and November 3, 10 and 17.

Participants will have access to an on-line forum that will continue after the course ends. Calls will be recorded and distributed to group participants. Each group will be limited to 8 participants. Additional groups may be added according to demand. The cost for the six-week session is \$200. Please visit <http://thefertilesoul.com/shop/phone/wellness> for registration and payment instructions. If you have any questions, please contact Christine Stuart at christine@thefertilesoul.com.

Christine came to Dr. Randine Lewis when she and her husband were trying to start a family. After countless appointments with traditional doctors who diagnosed “unexplained infertility,” Dr. Lewis’s wisdom and compassion were catalysts in helping her transform her life. Christine came to believe that her struggles on the road to motherhood were meant to teach her larger lessons about her life’s purpose and true happiness.

After ten years of practicing law, Christine left her job and focused on taking care of myself physically, emotionally and spiritually. She enriched her profound experience at a Fertile Soul retreat with extensive reading and exploration of many mind-body wellness techniques. As she became more in tune with her body and listened to her intuition, she chose not to undergo additional fertility treatments. Instead, she and her husband chose to pursue adoption. Less than two months of having submitted their adoption application, they brought home their beautiful daughter.

Christine’s path to motherhood was transformative in every way. As a life coach trained and certified by Dr. Martha Beck, Christine helps women turn their struggles into insight and strength. With deep respect for each woman’s unique journey, she help women question their limiting beliefs, tune into their intuition and listen to their bodies.