

# THE PREGNANT COUPLE'S JOURNEY

## *Precious Opportunities for Growth into Union*

*The following courses each consist  
of five evening sessions which run  
from 7PM to 10PM*

### November/December

Tuesdays

November 7, 14, 21, 28, December 5

Location—One Sky Medicine  
2611 Northeast 125th Street, Suite 100  
Seattle, Washington 98125

### January/February

Tuesdays

January 9, 16, 23, 30, February 6

Location—*Seattle, to be announced*

### March/April

Thursdays

March 29, April 5, 12, 19, 26

Location—*Seattle, to be announced*

### Registration

Cost ~ \$225/couple

*Refundable minus \$25 up to 10  
days prior to the start of the course.*

Please call to register:

**206.729.0929**

Brochure/Illustration: sanjidesign.com

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# THE PREGNANT COUPLE'S JOURNEY



## *The Man and Woman Together on Nature's Path of Transformation*

Five weekly evening  
sessions for  
couples in the process of  
forming families

## Come join us in a course for couples who have embarked on the journey of forming a family

Pregnancy, with its culmination in childbirth, is a time of intense change. The desired result of the pregnancy is not only the healthy birth of the baby, but also the healthy birth of the Mother, the Father, and the Family. These are all founded upon and continue to rely upon the union of the man and the woman as a couple. This union is challenged by the rapid growth called for by the many changes and new responsibilities. How can we best use this time to grow into a greater, more loving and lasting Union with each other, our children, and our world?

## Learn to navigate this journey with greater wisdom and facility by working with Nature's five basic energies of transformation

Pregnancy and the development of family are of Nature and, like Nature, have their own seasons and movements. Like the annual cycle of the seasons, or the acupuncture elements of the human being, these movements can be seen as being of five basic types. These five energies, or five phases of change, are at the foundation of many nature-based healing systems from around the world. They are highly effective resources for working with growth and change.

## The Five Sessions

Each session, we work with one of the natural phases of change. We work as a group and as individuals, couples, and small groups of same gender. Most of the exercises are verbal; we will also use gentle physical movements chosen to help bring forth the particular energy of the evening's focus.

**1 winter~water** *Here we immerse ourselves in trusting the river of life that brought us to where we are and that will carry us on. We go deeper to face the fears that block the flow, so that we can move forward in pregnancy and parenting with power and grace.*

**2 spring~wood** *Today is the seed from which tomorrow is born. What is your vision of the terrain ahead? What are your hopes/goals? We outline some of the challenges, pitfalls and fruits of the couple's journey, providing orientation to finding the resources that are required and using them with focus and flexibility.*

**3 summer~fire** *The domain of joy and love and warmth and union; this is the energy that rightfully has dominion in our lives and serves to mature us and to filter out that which is not good for us. We will explore its fruits and how we can tend to it in our relationships.*

**4 late summer~earth** *Here we give ourselves to experiencing the sweetness, the harvest of our lives from moment to moment. This is the secure ground whereon we can learn to give without strings and receive with gratitude, where we can learn to nourish ourselves and each other in balanced and personal ways.*

**5 fall~metal** *Here we work on mutual respect and reverence. We work with letting go of things whose time has passed to make space for new inspiration. We refine our understanding of our principles, values, commitments and duties to support us to stand taller and breathe freer in our new roles of authority.*

## Course Facilitators



David Martin, MD and Erin Keefe-Martin  
*We have been married for ten years and have two boys. We have found that conscious attention to our growth as a couple has been essential to our happiness.*

Erin Keefe-Martin  
*I am currently working as a postpartum doula with a special interest in breastfeeding. I have been interested in pregnancy and childbirth since my first pregnancy which included a month of complete bedrest, a breech baby, and a C-section. This outcome was a shock to me and more humbling than I could handle with equanimity. It took me five years to want to get pregnant again. With a lot of personal work, I had a fulfilling birth (VBAC) at home with our second child. It was within this work and exploration that I began to understand mothering and parenting as a spiritual path. It is my hope to help others to see the lifework of parenting as a means for transformation and personal growth.*

David R. Martin, MD  
*At the first birth that I attended, I was inspired by the tangible presence of the couple's love, the remarkable depth and strength of their resourcefulness, and the purity of their Union with one another and with the sacred. This awakened me to some of the extraordinary capacities that we have for growth, change and healing through our connection with the vital energies of nature. In the years of my residency, fellowship and practice as a family doctor, my search for effective ways of working with these energies led me to Classical Five Element Acupuncture, which I have practiced exclusively since 1996. The couple's passage from pregnancy to parenthood is often challenging. I want this course to enrich and facilitate this passage so as to lead to greater harmony and happiness.*

*My academic background includes an MD at Harvard, residency at OHSU, fellowship at UW, and acupuncture schooling in the tradition of Professor JR Worsley.*