



## HEALING THE HEART OF THE CITY

DATE: 7<sup>TH</sup> APRIL 2009

Dear Press Colleague,

This email and letter represents **1 Press Pass** for a journalist or editor from your publication.

**Conscious Conception – Get Energy, Get Pregnant APR 10, 11, 12)**

**Nurture New York & Exhale Spa**

An official National Treasure of China, Master Chen is coming to New York to impart his sacred knowledge of conception, pregnancy and birth to hopeful couples and pregnant women.

Please also note the latest press release below and contact either [karen@nurturenewyork.com](mailto:karen@nurturenewyork.com) or [margot@nurturenewyork.com](mailto:margot@nurturenewyork.com) directly to arrange your Press Pass.

**OR CALL - 212 580 2689**

You are also invited to receive a range of

**4 courtesy treatments**

at the Nurture New York center.

BodyTalk

Mayan Abdominal Massage

Cranial Sacral Therapy

Soul Wisdom Astrology

Abundance Life Coaching

Lymphatic Drainage Massage

External Chi Healing

Franklin Method

For further information about these therapies see  
[www.nurturennewyork.com](http://www.nurturennewyork.com)

Kind Regards,

**KAREN & MARGOT**

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Press Release

### **NURTURING NEW YORKERS THROUGH A TIME OF CRISIS**

Flatiron's recently launched healing treasure Nurture New York, has designed a practical self-empowerment program for transforming stress into strength and fear into focus, enabling those of us who have become trapped in survival mode to transition into freedom and abundance.

"Abundance seems to be the new buzz word around town; but what does it really mean?" questions Karen Atkins, founder of Nurture New York and Nurture Networks, the global parent of the acclaimed Flatiron center. Nurture New York provides a powerful range of holistic health therapies including BodyTalk, Mayan Abdominal Massage, Abundance Life Coaching, Cranial-Sacral Therapy and soon to be launched Group Psychotherapy Programs covering eating disorders, sexual abuse, grieving, sibling rivalry, family dynamics and self-esteem. Nurture New York is also gearing itself to provide Holistic Trauma Support, formed of top therapists and healers on standby to respond to the victims of traumatic incidents throughout the City. Karen Atkins says 'this City prides itself on its resilience and ability to bounce back, but we each need to be conscious in our bodies to ensure that we don't become perpetual survivors...'. With 16 years combined studies in Egyptian Philosophies, Eastern Therapies and BodyTalk, Karen's vision is timely in her quest to help people be more than the sum of their circumstances and truly manifest authentic self-acceptance and the abundance and peace that inevitably follows. "It's just one thought away..." states Karen, "one thought, if you change your next thought... you... in that moment change the rest of your life...".

Teaming up with top of their field experts and international consultants, Edy Nathan (Psychotherapist), Margot Wilson (International Life Coach and Astrologer), Mathew Newell (Children's Special Needs Expert),

Nurture New York provides state of the art life-transforming and healing modalities that have a proven practical basis. “I get approached by organizations and individual practitioners promising ‘the way’ or the ‘next new thing in healing’ all the time, and I stand firm that if people can’t put it into immediate practical use in their lives, it doesn’t get into Nurture New York. If I have learned one thing over my years of practice in the healing and spiritual arts, it’s where philosophy ends and reality begins. My vision for Nurture New York is to harness the inspired teachings and philosophies of the world in a practical way...that the people on the street and in their offices and homes...get. What’s the point of self-knowledge if it's difficult to apply?”

Nurture New York’s upcoming workshops include a series of Crisis and Stress Management with renowned therapists and healers and ground breaking Pregnancy and Childbirth by one of China’s national treasures, Taoist Priest, Master Chen. This workshop takes the lid off everything from identifying the right partner, energy based conception and understanding the genetic and environmental influence of family ancestry upon the newborn child. This is truly a life-transforming seminar that delivers the jewels of Eastern Philosophy in a Western practical way...not to be missed. Friday and Saturday, April 10 and 11th at Nurture New York, 1123 Broadway, Suite 1205. Master Chen will also be giving a special presentation on Conscious Conception at Exhale Spa on Saturday, April 11th, 7-9pm, 980 Madison Ave, 2nd floor.

KAREN/MARGOT  
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