

CHILDBIRTH EDUCATION



ESSENTIAL PREP FOR HOME BIRTH

Prepare your mind, body + spirit for home birth with intention + clarity.

WHAT YOU WILL LEARN:

- Relaxation + Visualization Techniques
- The Physiological Birth Process
- Movement + Positioning
- Planning for Postpartum
- Physical & Emotional Support Tools

ENTRY FEE **\$250** BIRTH PARTNERS
FOR H4B INCLUDED IN PRICE
CLIENTS



WORKSHOP DETAILS

DECEMBER 13TH 2025

HOSTED BY HOME4BIRTH 11AM-5PM CONTACT [KELLY@HOME4BIRTH.COM](mailto:kelly@home4birth.com)

**\$300 FOR OTHER COUPLES
OUTSIDE OF H4B PRACTICE**

www.sagebirthservicesindy.com