

# CHILDBIRTH EDUCATION



## ESSENTIAL PREP FOR HOME BIRTH

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

### WHAT YOU WILL LEARN:

- Relaxation + Breathing 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



JANUARY 17<sup>TH</sup> 2026 11AM–5PM

HOSTED BY HOME4BIRTH .... CONTACT [KELLY@HOME4BIRTH.COM](mailto:kelly@home4birth.com)

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

[www.sagebirthservicesindy.com](http://www.sagebirthservicesindy.com)