

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



JANUARY 17TH 2026 11AM-5PM

HOSTED BY HOME4BIRTH CONTACT KELLY@HOME4BIRTH.COM

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

www.sagebirthservicesindy.com