

Home Birth Focused CHILDBIRTH EDUCATION

Presented by



Mini Retreat –Saturday July 26th

This class exists to empower birthing people and their birth partners to make informed decisions that lead to better outcomes.

Connect with like minded parents in a safe space where we discuss the physiological birth process as well as the emotional impact of those events.

Restore your nervous system while learning tried and true relaxation & visualization techniques.

Expand your knowledge of how to care for yourself & your partner during postpartum.

11am-5pm

Bring Lunch, snacks and water bottle

\$300 per birthing couple, \$275 for H4B Clients.

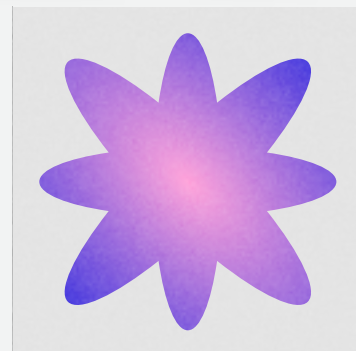
Contact Kelly to sign up kelly@home4birth.com

Sign up by 7/22

Limited to 3 couples

HOSTED AT HOME4BIRTH MIDWIFERY

MINI RETREAT SCHEDULE



11AM : INTRODUCTIONS

11:15-12:45 : STANDING AT THE EDGE: THE
PHYSIOLOGICAL BIRTHING PROCESS

12:45-1:15: LUNCH BREAK

1:15-2:45 SURRENDER: PHYSICAL & EMOTIONAL
COMFORT MEASURES

2:45-3:30 : RESTORATIVE YOGA + MEDITATION

3:30-4:15 - POSTPARTUM SUPPORT + SHARING THE
WORK

4:15-5 PM : BREASTFEEDING 101 & NEWBORN CARE