



NESTED

* HOLISTIC DOULA SERVICES *

OCTOBER WORKSHOPS

MOTHERHOOD + MOVEMENT
OCT 3-24TH 6-7:30PM COST \$75

Motherhood + Movement classes are unique and interactive, designed to be informative and empowering both during pregnancy and post-birth. Offer an opportunity to meet other expecting parents in the community, feel more energized during your pregnancy /postpartum and teach natural coping methods. With each class you'll learn techniques that support a safer, easier birth, and you'll increase your confidence for empowered, enjoyable birth and parenting experience.



PRENATAL WORKSHOP
OCT 22ND 7-9PM COST \$75

Prepare for your best pregnancy and birth experience with NESTED! Prenatal Workshop for expecting parents is an informed choice based childbirth prep class whether it's your first pregnancy or part of your growing family. Class includes many practical tips for hands on comfort measures as well as important information about what to expect during birth from a seasoned birth + postpartum doula and childbirth educator.



PRACTICAL MAGIC
OCT 29TH 7-8:30PM \$25

Join me for a fun Halloween inspired aromatherapy class as we make some of my favourite oily DIY's. Aromatherapy is a wonderful way to support healthy, normal functions of the body and can be gentle and safe for the whole family! Cost is \$25 We will be making aromatherapy rollers + a personal care product



*monthly pass holders receive 10% off workshop + wellness sessions

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www.nestedbirth.com