

# Yoga Child's Fall 2005



MIND

BODY

BIRTH preparation program

An Integrated & Inspiring approach to your birth

The intention of our program is to create a supportive space for you and your partner to explore your feelings & questions about pregnancy and birth so that you are better able to make decisions that are right for you and to move through your birth with awareness and confidence. Childbirth preparation is not just about receiving knowledge, but involves peeling off the cultural layers of fear and doubt while reconnecting to the inherent wisdom of women's bodies and cultivating trust in the birth process. This program is designed to help prepare you and your partner, body and mind, for the transformative experience of giving birth to your baby, as well as to yourselves as parents.

## EXPERIENCE THE BEAUTY OF A MIND BODY BIRTH

- **Enjoy prenatal yoga** to soothe pregnancy related discomforts and to prepare your physical and mental body for birth. We will provide you and your partner with hands on practical applications to enhance your pregnancy & birth. Additionally, enrollment in our program entitles the pregnant mom to unlimited access to prenatal yoga classes at Yoga Child from 9/19-11/7.
- **Through mindfulness practice** you will learn to cultivate present moment awareness and use it as a powerful birth preparation tool. You will learn to draw your attention inward and work together with your breath and body in rhythms that move naturally with the birth process.
- **Through dialogue and discussion** with Beth Curtis and Christy Santoro, you will come to have a greater understanding of the biology of birth, the pleasure pain cycle of hormones, nutrition in pregnancy & the informed uses of medication and technology.
- **Enjoy a practical understanding** of what happens in your body during birth & learn specific techniques to help you normalize pain and move through contractions.
- **Partners can enjoy** a "partner only" question and answer insight session with other partners who have made the journey.
- **Deepen your trust in your relationship and in your own body!**

## Logistics

**FACILITATORS:** Beth Curtis, MSW, CCE, CD, (DONA), Christy Santoro, CPM, LM & Gail Silver, (CYT)

**DAYS & DATES:** Monday's 7:00-9:00pm, September 19<sup>th</sup>- November 7<sup>th</sup>. No class October 3<sup>rd</sup>. **Class will be held on Sunday, 10/2 from 1:00-3:00pm instead of on Monday 10/3** due to the Rosh Hashanah holiday.

**FEE:** \$549

**SPACE:** Yoga Child, 903 South Street. LIMITED TO 12 COUPLES.

**REGISTRATION:** Space must be reserved by August 15<sup>th</sup> with a non-refundable \$100 deposit. The remaining balance of \$449 is due by September 9<sup>th</sup>. MC, Visa, Checks and cash welcome. **Register with your credit card by calling Yoga Child at 215 238 0989 or mail in payment to Yoga Child at 903 South Street, Phila. Pa 19147. Ob/Midwife release required.** Please download this form at [www.yogachild.net](http://www.yogachild.net).

### Special Discounts

Register by June 30<sup>th</sup> and receive \$20 off enrollment

Yoga Child

903 South Street

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