Breath & Space birth rehearsal workshops

With Bernadette King, BWYDip, ITECDips APM & IHM, FEDANT registered 11790

This intensive, inexpensive and valuable half day workshop is suitable for women in their last trimester and their labour partner(s) whether first time parents or those wanting & "refresher" session! The range of accessible, effective & very helpful techniques and strategies can enable you both to play active, positive roles in labour, increasing your confidence and helping to reduce fear and doubt. Detailed workshop notes are included.

Please bring a pen, a couple of pillows and a birthing ball, if you have one.

Bring water & a snack if you wish. All participants need to wear loose, comfortable clothing. Email or call if you would like to discuss anything prior to booking.

Please visit **www.peacefulpractice.co.uk** for full details about this workshop.

"I am a local midwife as well as mum & from a professional perspective can recommend the informative& beneficial pregnancy/postnatal yoga classes and birthing workshops, which can be excellent preparation for your birth experiences."
Sara

"I have been on 2 of Bernadette's birth workshops with my wife, Jenni and both have been invaluable!... As her partner I felt better able to help & encourage her, (during both labours) without getting in the way...The workshop gave me a great deal of mental strength, too... The breathing exercises helped me alot...stopped me from panicking & I became much more aware of what was happening to Jenni both physically & emotionally... I cannot recommend them highly enough!"
Tim

Workshop 1

Venue	**Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH**
Date	**Saturday 16 September 2017**
Sessions	**1**
Time	**14:00 – 17:00**
Cost	**£40 per person / £70 per couple / £90 for 3 people**
Closing date	**12 September 2017**

Workshop 2

Venue	**Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH**
Date	**Saturday 14 October 2017**
Sessions	**1**
Time	**14:00 – 17:00**
Cost	**£40 per person / £70 per couple / £90 for 3 people**
Closing date	**10 October 2017**

Workshop 3

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH
Date	Saturday 18 November 2017
Sessions	1
Time	14:00 – 17:00
Cost	£40 per person / £70 per couple / £90 for 3 people
Closing date	14 November 2017

Workshop 4

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH
Date	Saturday 09 December 2017
Sessions	1
Time	14:00 – 17:00
Cost	£40 per person / £70 per couple / £90 for 3 people
Closing date	05 December 2017

Parking and public transport

Parking on local side roads - unrestricted for up to 2 hrs.
Buses 108, 286, 386, 422 53, 54, 380, 202
Bus stop is Blackheath Standard
Nearest BR station is Westcombe Park

Booking form and payment

Cheques:

Please complete the booking form on following page and send, with payment, to:
B. King, 12 Christchurch Way, Greenwich, London SE10 9AL
Please make cheque payable to B. King.

Bank transfer payments:

Payment may be made by internet banking:

Account name: Bernadette King | Sort code: 30-93-70 | Account: 10924568

After payment has been made, booking forms can be posted to Bernadette as above or emailed to info@peacefulpractice.co.uk Confirmation of all bookings will be made by telephone or email.

Don't worry, if your baby arrives before the course, you will either be offered a full refund or you can use payment for mummy & baby classes.

Course: Breath & Space birth rehearsal workshops

Venue: Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH

Time: 14:00 – 17:00

Dates:

Please complete the following:

☐ **Saturday 16 September 2017**

☐ **Saturday 14 October 2017**

☐ **Saturday 18 November 2017**

☐ **Saturday 09 December 2017**

Number of people attending workshop ☐

I would like to book the above workshop and have read and agree to your Terms & Conditions.

Total amount due: £

☐ I enclose a cheque for the full amount

☐ I have paid the full amount by bank transfer

Name

Email

Tel

Terms & Conditions – a gentle reminder!

So that there is no confusion regarding the cancellation policy, here are the details:

- A full **48 hours' notice** is required for all cancellations of yoga classes and workshops.
- It is not possible to carry over missed sessions to a future course, for example if you have either booked a holiday before or during a course you have paid for. If there are exceptional circumstances Bernadette may make an exception, so please contact her to enquire 48 hours prior to the absence.
- Regrettably, apart from exceptional circumstances such as early birth; no refunds can be given for non-attendance or cancellations with less notice than the times stated.
- If the yoga teacher cancels a class, a full refund will be given for that class

Please note that all bookings are subject to these conditions.

Thanks so much for your co-operation.

Warm regards,

Bernadette

Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email info@peacefulpractice.co.uk

Website www.peacefulpractice.co.uk