

Breath & Space birth rehearsal workshops

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

These workshops ARE NOT the same as Hypnobirthing. However they make an ideal complement to them & you will learn different things.

You will learn:

- How preparation for labour is useful in the last weeks of pregnancy
- the various signs & symptoms of labour
- The integral role that good breathing techniques can have throughout this process – the most important tool!
- Strategies to cope with early first stage of labour
- Strategies to cope with super – fast labours
- Management skills for established labour
- Positions, movements, sound for labour to help you stay “open” in the body
- Ways to use a “birthing ball”
- Use of water in labour
- The impact of fear and coping skills
- Use of massage, acupuncture, reflexology in labour
- Positive visualisation techniques
- The third stage of labour
- Early days with a newborn emotions and hormones.
- Initial breastfeeding advice

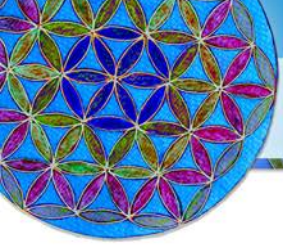
Please bring a pen, a couple of pillows and a birthing ball, if you have one.

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 a 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



Workshop 1

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

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.

Terms & Conditions – a gentle reminder!

Our Terms & Conditions, including our Cancellation policy, can be viewed on our website:

www.peacefulpractice.co.uk/faq/#terms

Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email info@peacefulpractice.co.uk

Website www.peacefulpractice.co.uk

Course: Breath & Space birth rehearsal workshops

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Time: 14:00 – 17:00

Dates:

I would like to book a workshop on the following date:

Saturday 09 December 2017

Number of people attending workshop

Total amount due: £ I have paid the full amount by bank transfer

I have read & agree your Terms & Conditions at: www.peacefulpractice.co.uk/fag/#terms

Name

Email

Tel