

## 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

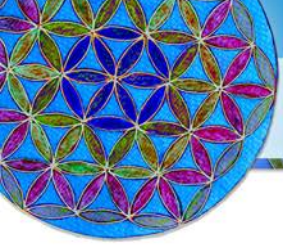
Please bring a pen, a couple of pillows and a birthing ball, if you have one.

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](http://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

<b>Venue</b>	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH
<b>Date</b>	Saturday 13 January 2018
<b>Sessions</b>	1
<b>Time</b>	14:00 – 17:00
<b>Cost</b>	£40 per person / £70 per couple / £90 for 3 people
<b>Closing date</b>	11 January 2018

## Workshop 2

<b>Venue</b>	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH
<b>Date</b>	Saturday 10 February 2018
<b>Sessions</b>	1
<b>Time</b>	14:00 – 17:00
<b>Cost</b>	£40 per person / £70 per couple / £90 for 3 people
<b>Closing date</b>	08 February 2018

## Workshop 1

<b>Venue</b>	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, London SE3 7DH
<b>Date</b>	Saturday 10 March 2018
<b>Sessions</b>	1
<b>Time</b>	14:00 – 17:00
<b>Cost</b>	£40 per person / £70 per couple / £90 for 3 people
<b>Closing date</b>	08 March 2018

## 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:

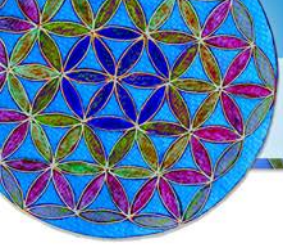
Account name: Bernadette King | Sort code: 30-93-70 | Account: 10924568

After payment has been made, booking forms can be posted to Bernadette:

B. King, 12 Christchurch Way, Greenwich, London SE10 9AL or emailed to:

[info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk).

Confirmation of all bookings will be made by telephone or email.



## Terms & Conditions – a gentle reminder!

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

[www.peacefulpractice.co.uk/fag/#terms](http://www.peacefulpractice.co.uk/fag/#terms)

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.

## Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email [info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)

Website [www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk)

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## Course: Breath & Space birth rehearsal workshops

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

Time: 14:00 – 17:00

Dates:

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

Saturday 13 January 2018

Saturday 10 February 2018

Saturday 10 March 2018

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/faq/#terms](http://www.peacefulpractice.co.uk/faq/#terms)

Name

Email

Tel