

# Empowered Labour

**Venue** Blackheath Complementary Health Centre,  
184/6 Westcombe Hill, SE3 7DE

**Date** Thursday 26 September 2019

**Time** 19:00 - 21:00

**Cost** £40, including course notes



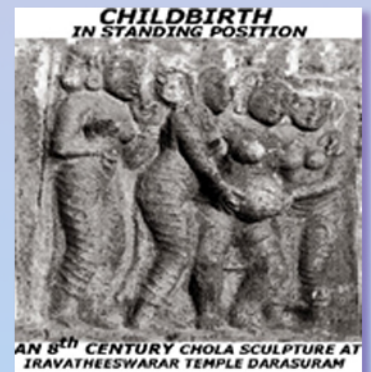
## Pelvises are like a set of fingerprints!

Although similar in many ways they are also unique to each individual. By familiarising yourself with the shape of your own pelvis, choices can be made regarding which positions and movements you use throughout labour & birth that work with your unique structure. Thus optimising the space available to birth your baby.

The positions you use throughout the day and night in the last trimester can also encourage or discourage your baby into the optimal fetal position. Alignment matters!

In these workshops we also explore the impact that muscle tension has on reducing space, increasing the perception of pain and wasting valuable energy.

So by simple, effective use of the breath, visualisation & positions suitable for your own pelvis you can feel empowered to help normalise the labour & birthing process, in simple yet highly effective ways.



**Pre-booking is essential** - closing date: 20 September 2019

**Please complete the booking form below and send, with payment, to:**

B. King, 12 Christchurch Way, Greenwich, London SE10 9AL . Please make cheque payable to B. King.

**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](mailto:info@peacefulpractice.co.uk) . Confirmation of all bookings will be made by telephone or email.**

## Peaceful Practice workshop: Empowered Labour

**I would like to book the above workshop on Thursday 26 Sept at 19:00 - 21:00. Total amount due: £40**

☐

I enclose a cheque for the full amount

☐

I have paid the full amount by bank transfer

Name

Email

Tel