



# Birthing From Within™ Weekend Workshop

**Build a coping mindset! Learn atleast 5 proven breathing practices that help you:**  
Lessen the intensity of labour and birth  
Be calm when there are distractions  
Relax yet increase energy levels  
Make friends with strong sensations so you can relax and stay positive

## **Explore labour and birth**

Discover the Birthing From Within 'map' to childbirth  
Learn how to create a birth space that helps you labour effectively  
Physically prepare for birth! Reduce tension throughout pregnancy and practice positions that help you open

## **Become aware of your options**

Learn to make informed decisions by asking effective questions  
Discover natural remedies/therapies including massage and acupressure  
Overcome worries so you can relax and let go

## **Prepare for postpartum**

Discover useful tips to make your postpartum time as joyous as possible  
Feel equipped with natural remedies for your postpartum body/mind

## **Learn to provide birth support**

Learn practical ways to support a labouring woman  
Increase your confidence in each others abilities  
Become closer and more intimate

# **Birth your baby with joy!**

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