

SPECIAL EVENT



Childbirth Preparation with Natalie Evans

**9-week session: Thursdays, June 5 - July 31
6:30 - 8:30pm | \$275/couple**

Celebrate your transition to parenthood!

Join Natalie in this fun, creative workshop that will empower you to have a family-centered birth in the hospital or home setting. Birth is neither an illness nor a traumatic ordeal that one must get through in order to get a healthy baby. Everyone's birth can be a beautiful, poignant event. Natalie will provide you with the resources and support you need to confidently and consciously prepare for birth and your transition to parenthood.

Each week's class will focus on a particular topic such as comfort measures for labor, how to address fears and concerns, and how to care for your beautiful newborn. Included in this series is our comprehensive Breastfeeding Basics class taught by Malik Turley, a doula and lactation specialist. The final session will be a potluck celebration and time to ask any remaining questions. Recommended at 20 weeks or beyond.

Natalie Evans

Natalie is a certified Childbirth Educator through the Association of Labor Assistants and Childbirth Educators. She has also enjoyed the rewarding work as a doula for over two years, and is DONA (Doulas of North America) trained. She has attended a wide variety of births in the home and hospital setting, including Cesarean and VBAC births. She is the Chair of Member Services for the Northeastern Illinois Doula Association.



Summary of Workshop Series:

First Class:

Introductions, exploring feelings around birth, a brief history of birth in the Western world, cultural aspects of birth, birth visualization exercise.

Second Class:

Nurturing yourself & your baby, comfort exercises, optimal fetal positioning, sexuality in pregnancy & birth.

Third Class:

Breathing/ focus exercise, understanding the process of birth, comfort measures & tools for labor and birth, psychological aspects of birth.

Fourth Class:

Breathing/ focus exercise, partner support & communication, working with back labor, routine procedures & interventions, epidural birth.

Fifth Class:

Breathing/ position exercise, birth plans, cesarean birth & prevention, having a family centered cesarean, complications & variations of labor

Sixth Class:

Breathing/ position exercise, common fears surrounding birth, birthing through fear exercise, working with unexpected outcomes.

Seventh Class:

Parents' postpartum experience, postpartum depression, newborn procedures & common appearances, newborn care.

Eighth Class:

Breastfeeding basics with Malik Turley

Ninth Class:

A celebration of pregnancy & birth, birth blessing, potluck dinner with couples & their babies from past classes.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/register>

JUNE CHILDBIRTH PREPARATION REGISTRATION FORM

Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____

| | |
|-------------------|--------------------------------------|
| METHOD OF PAYMENT | <input type="checkbox"/> Cash |
| | <input type="checkbox"/> Check |
| | <input type="checkbox"/> Credit Card |

VISA, MC, or AMEX

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

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