



**Antenatal 1Day Couples Workshop** (No yoga experience required)  
*Saturday 18th September 2010, 9am – 5pm*



***Taught by Paula Mitten (Yoga teacher with +750 hours of training) and Brenda Murphy (Midwife, Prenatal yoga teacher and Public health nurse)***

- Final weeks of pregnancy - preparation for labour and the new arrival
- Birth plans
- Braxton hicks
- What to pack for hospital
- Breathing techniques and relaxation
- How your hormones work and how they can effect your labour
- How the pelvis works and babies position in the pelvis
- Dealing with pre labour
- How you will know when labour is established
- 3 stages of labour
- Positions for labour and birth and how to help baby down the birthing canal
- creating 28% more space in the pelvis
- Birthing Partners Jobs throughout pre labour, labour and beyond
- Medical interventions and pain relief
- Alternative natural methods for pain relief
- Post natal tips
- Caring for your new baby
- Visualizations
- Questions from the couples and lots of time to explore each topic
- A booklet to take home with everything we have covered

**Cost: €145 per couple** (can be claimed on health insurance as midwifery led antenatal care.)

**Call 045 893755 or book online at [www.breathingplace.com](http://www.breathingplace.com)**