

Optimal Birth

2 Day Prenatal Workshop

with Nicole Carver & Anneriek Favelle

Day 1: 30 July
Day 2: 13 August

Cost: \$275*

** Early bird price, valid till 1st of July 2017*

**An immersive workshop to put YOU
in charge to create and control the
optimal birth process for you & your baby**

Nicole, a renowned midwife, and Anneriek, an exceptional yoga teacher, have joined forces to provide you with guidance and wisdom on your options during pregnancy and birth. Furthermore your body and mind will be nurtured with yoga and meditation to help you even better prepare for your birthing experience.

In a beautiful setting you will learn about:

- The physiology of pregnancy and birth
- How to look after your body & mind using yoga, meditation and breath
- What does active birthing mean and how you can apply it
- Your options before, during and after labor - including interventions, pain management, and decision making strategies.

At the end of the 2 days you will have a complete birthing plan and a comprehensive understanding on how to achieve Your optimal birthing experience.

"I really liked the relaxed, honest and open environment. I loved the yoga and meditation to break up and complement the theory" ~Samara

Location

A beautiful rural property in Cattai NSW. 50 minutes from Sydney CBD. 15 minutes from Hawkesbury hospital.

Dates

Day 1: Sun 30 July 2017
Day 2: Sun 13 August 2017
Your support person is invited to attend Day 2.

Program

9AM start, 5PM finish.

Cost

- ▶ \$275 for early birds, \$325 after 1st of July
- ▶ \$50 for your support person (Day 2 only)
- ▶ Includes lunch, morning & afternoon tea

Questions?

Anneriek 0439886185
anneriek@yoga4you.com.au

Suitable for woman in all stages of pregnancy

About the Workshop

Being pregnant and giving birth is one of the most amazing *and* at the same time, one of the most daunting experiences you will have as a woman. This 2 day workshop will prepare you, your support person and your baby for birth, both physically and emotionally. It will help you to get in touch with your inner strength and intuition to make you feel empowered to give birth your way.

We welcome participants into a beautiful rural property, which creates a trusting and open environment to learn, share and explore. This workshop is **suitable for women in all stages of pregnancy**. Group size will be kept to a limited number.

This Optimal Birth workshop includes:

- ▶ Guided breath, meditation and mindfulness sessions
- ▶ Yoga sessions to both prepare for and recover from birth
- ▶ The physiology of giving birth and active birth guidelines
- ▶ Preparing for birth and having a birth plan
- ▶ Working with your pain, including drug free pain relief
- ▶ Decision making strategies during labor
- ▶ How to manage interventions during birth
- ▶ The birth experience for baby and the early days
- ▶ Recovery from birth and starting to breastfeed
- ▶ Delicious lunch, drinks and snacks. All freshly made for you.
- ▶ A beautiful space surrounded by a peaceful and quiet valley
- ▶ Relax in the entertainment area or go for a walk in the beautiful surrounding hills

Book In

Book in at www.yoga4you.com.au/retreats or contact Anneriek anneriek@yoga4you.com.au. A non refundable \$100 deposit is required to secure your spot. Payment in full to be made 14 days before the start of the workshop. Payments can be made via cash, bank transfer, PayPal or secure credit card payment.

"The advise was helpful and supportive as opposed to just seeing the negative sides to pregnancy and childbirth. The resources and information was really helpful" ~Anna



About Nicole

Nicole is a qualified midwife and maternal and child health nurse and mother of three who has been providing childbirth education since 2000. Nicole believes every parent should receive the information and support to ensure that they have the best possible birth experience.

www.letsbringiton.org



About Anneriek

Anneriek is a mother of two and has been teaching yoga for over 15 years, completed over 1000 hours of training, and is certified in both Ashtanga Vinyasa and Yin yoga. She is a Level 3 Senior Registered Teacher. Anneriek is passionate to share her joy for yoga to create healthy bodies and peaceful minds and to help find a lightness in living.

www.yoga4you.com.au