

POST-NATAL CARE PACKAGE

4 sessions of one-to-one attention to help you recover from birth, bond with your baby and nourish your relationship with your partner. Online or in person. (In person sessions in West cork area only; Skibbereen/Ballydehob/Mizen/Sheep's Head/Bantry).

Session 1: Nourishing mum after the birth

Includes:

- Post-natal gentle, nourishing massage for mum in the comfort of your own home.
- Sharing your birth story. It is very empowering, affirming and potentially healing to share the story of rite of passage that is birth. If it was a difficult experience or there was trauma, it gives that a chance to be seen, heard and processed. If it was positive experience it embeds that in your memory and creates an opportunity for celebration.
- Gentle techniques to nourish yourself for the first few weeks after birth (relaxation /meditation you can use while feeding, body scans to release tension, breathing to create inner balance and nourish your energy levels).

Session 2: post-natal recovery 1 (early stages).

When you feel ready to more actively include some time for self-care during your day.

Includes:

- Yoga nidra recording to support deep rest
- Gentle movements and other practices to support recover after pregnancy and birth. These are very light-hearted and playful and can include your baby. You'll learn 2 short practices, one that is energizing and playful, and a second for days when you're very tired and need to prioritise rest. Both are designed to release tension (physical and emotional), return to your body, and ease back and shoulder tension. If there are specific needs then the practice can be adapted to suit e.g. split abdominal muscles, recovery from C-section, back or pelvic pain.

Session 3: Post-natal recovery 2

A more active session again. This can be from 12 weeks after the birth onwards.

Includes:

- stronger movements to strengthen abdomen, back and pelvis
- work with posture, including safe lifting and carrying of your baby.
- playful games to include your baby, to support bonding and nurture joy. These games also stimulate your baby's reflexes, senses and developmental movement.

Session 4: Bonding with your partner.

When the dynamic of your relationship changes from 2 to 3 people there are many different challenges that may arise: There may not be enough time together. A woman's attention becomes focused on baby and a partner may feel left out. A couple's intimate relationship may suffer too.

This is a therapeutic session that can be adapted to suit your needs, depending on how you hure together.

There are a few things that can be included:

- a technique called open-hearted listening, a way for you both to share and be heard.
- Sharing playful partner yoga movements, breathing practices and heart connecting meditation to nourish your bond with each other.
- Reflecting on the dynamic in the household and how time can be made for the two of you.
- Reflecting on intimacy within the relationship and new ways to explore being together.

The practicalities

Each session lasts 75 minutes, and can either be in your own home, the studio or online.

Cost per session €70. Full package €250.

Sliding scale available, so please ask if you have limited finances.

For a free, no commitment chat about this service, please do give me a call 0862134080. Or email osborneclaire@hotmail.com

I look forward to supporting and nourishing you and your baby.

Claire Osborne

www.yogaandmovement.com