

BIRTH PREPARATION FOR COUPLES

A 4 week programme that shares practical tools based on Claire's 12 years of teaching pregnancy and post-natal yoga. Supporting you and your birth partner to experience a positive, empowered and heart-centered birthing experience.

What is covered by the course:

- Going with the flow: Introduction to the practicalities - the 3 phases of labour and what you can expect (more or less!) during each one. Techniques to help you navigate each stage.
- Unlocking the intuitive wisdom of the body. Movements to prepare for labour and birth that you can use as a yoga practice to prepare you physically. Many of the movements can be used during the labour itself.
- The breath as anchor and to transform: Breathing practices for women and their birth partners that have many different applications: pain relief, centering and grounding, going with the flow, creating calm during challenges. Includes birthing breaths and practices that support connection with your baby and each other.
- The guardian at the gate: ways that your birth partner can support you during labour and birth. Including massage, communication skills, centering and grounding, physical support for labour and birth movements/positions. Your partner will be also supported to read your body signals in order to offer the right support at the right time.
- Supporting your body: Using props for support.
- Self-care: Mental and emotional self-care during labour and birth. Tips and tools to take care of your inner experience, and create a positive outlook before and during.
- Rituals of connection. Creating a strong bond between the two of you, to prepare you for the birth and transitioning into parenthood and a new phase of your relationship.
- Meeting the 'what ifs'. Practical and empowering techniques to support you if the labour/birth doesn't go according to plan, and how to have an active birth from a hospital bed. Including techniques to use during medical interventions to help you remain calm and feel engaged and empowered.
- Nurturing your bond: Yoga breathing, meditation and relaxation to connect you as a couple, and with your baby.

The practicalities:

Your commitment is 4 sessions, each lasting 75 minutes. Plus practices to share between sessions.

The timing of the sessions is up to you, but I recommend it being weekly.

You can start your sessions from 2 months before your due date.

Cost: €260 (sliding scale available. Please ask if you have financial concerns and need to pay a special rate)

This includes:

- PDF document outlining everything covered by the course.
- 2 recorded practices: A yoga nidra (deep rest) and meditation.
- You are also welcome to contact me between sessions if you have questions about the course content.

I look forward to supporting you through this transformative, life changing time!

For a FREE, no expectations chat, contact me on 086 2134080, or email me osborneclaire@hotmail.com and I will arrange a time to give you a call.

Claire Osborne

