



## Movement, Postures and Birthing Workshop

This workshop combines the best in yoga and meditative practices perfect for helping during birth. It's designed to help both mother and your birth partner understand what your body is doing when birthing, it includes specific breathing techniques, positions, movements and relaxation techniques. The workshop will assist you to prepare for birth. The workshop is in two parts and will cover

1<sup>st</sup> session will include

- Postures to assist in late pregnancy.
- Creating optimal foetal position
- The stages of labour
- What is a contraction? Why is my body doing this? Birthing positions
- Importance of the positive feedback loop and use of affirmations

2<sup>nd</sup> session will include

- Using the breath, as natural pain relief
- Yoga positions and mindfulness for labour management
- Physical and emotional support for mother – Use of essential oils, massage and relaxation techniques