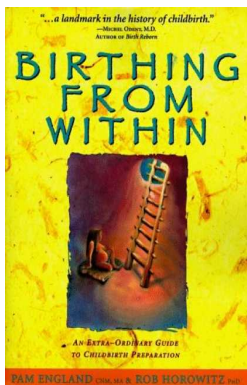


Are you looking for a connected and meaningful way to prepare for birth and parenting?

BIRTHING FROM WITHIN

Holistic, Versatile, and In-depth Prenatal Classes



BIRTHING FROM WITHIN classes go beyond what other childbirth classes offer and prepare parents for how they will really experience labor. Whether you are planning a hospital or homebirth, having your first or subsequent child, hoping for a natural labor or still exploring your options, you will learn to stay present, mindful and involved throughout labor.

Parents integrate practical information through an approach that engages mind and body, with hands-on activities, innovative exploration processes and thought-provoking dialogues to help you discover what *you* need to know to be resourceful giving birth and on the journey to parenthood. Together, we practice and master a variety of mindfulness and proven pain coping techniques, including breathwork, visualization, physical positioning and massage for comfort and progress in labor.

These classes are **complete childbirth preparation**, covering the material in more traditional classes, such as the stages and physiology of labor, pushing, what to expect from and when to call your provider, and much more. Each class is individualized to the unique needs of participants and takes place in a comfortable, nurturing environment, led by experienced instructors.

CLASS HIGHLIGHTS:

- creating a space that will help you open
- understanding the landscape of labor
- effective pain coping practices & comfort measures
- how to “lose it” in labor
- working with fear
- communicating effectively with your care provider
- compassionate use of drugs and interventions
- connecting with and welcoming your baby
- partner support skills
- celebrating the journey to parenthood
- preparing for postpartum

PRICE: \$395 per couple

For more info or to Sign Up for a class, visit:
www.BirthingFromWithinCollective.com

April SF - 5 week series

San Francisco - Rites of Passage
Wednesdays 6:00 - 9:00 pm
4/2, 4/9, 4/16, 4/23, 4/30

April/May SF - Weekend Intensive

San Francisco - Rites of Passage
Sundays 9:30 am - 4:30 pm
4/27 & 5/4

June/ July SF - 6 week series

San Francisco - Rites of Passage
Wednesdays 6:00 - 9:00 pm
6/18, 6/25, 7/2, 7/9, 7/16, 7/23

July/August SF - 6 week series

San Francisco - Rites of Passage
Mondays 6:00 - 9:00 pm
7/21, 7/28, 8/4, 8/11, 8/18, 8/25

More class dates to come, please check our website for the most up-to-date schedule and to sign up!

Brought to you by the Bay Area Birthing From Within Collective:
Reise Tanner, Shannon Padlog, Diana Hurwitz & Jen Kiatta