

# *Beautiful Birthing Journey*

*For Women & Their Partners*

*Bringing You Peace of Mind*



*This one day intensive workshop is dedicated to women and their partners who wish to create a calm, positive and beautiful birthing experience.  
(See overleaf for details)*

## **Phoenix Therapies Wellness Centre**

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# *Beautiful Birthing Journey*

## **Bringing You Peace of Mind**

*We aim to empower women and their partner (or main support person) with knowledge, skills and a positive frame of mind during pregnancy, labour and beyond to create a “beautiful birth experience”.*

During this interactive workshop we will aim to give you:

- An understanding of your pregnant body and its ability to birth naturally and calmly;
- An overview of the Stages of Labour and how you can work with your body to achieve positive labour positions;
- Relaxation, Breathing and Visualisation techniques that you can use during pregnancy and labour to assist you to surrender and trust in your body;
- Positive Affirmations to empower you for your imminent birth so that you feel strong mentally and physically;



- Pre-conceived ideas of birth equals FEAR! Let's address what YOUR fears might be and eliminate the fear factor once and for all;
- Massage techniques your partner / support person can use to assist you during a contraction;
- An opportunity to create your own Birth Plan.
- Natural Pain Relief Options – do you know what they are and the benefits of using them?

This one day workshop for couples (or support person) runs from 9:30am till 3:30pm.

Please contact **Phoenix Therapies Wellness Centre** for an information pack or check our website for dates and prices.

***“Birth is not only about making babies. It's about making mothers – strong, competent, capable mothers who trust themselves and believe in their inner strength.” Author: Barbara Katz Rothman***