



Phoenix Therapies

ABN: 94 317 718 945

“BEAUTIFUL BIRTHING JOURNEY” WORKSHOP OUTLINE

1. Introduction
2. An understanding of the anatomy of the pregnant body:
 - a. The Pelvis
 - b. The Uterine Muscles
 - c. The Cervix
 - d. The Perineum
3. Fear-Tension-Pain Syndrome
4. Positive Affirmations to Change the Way You Think
5. Hormones
6. The Role of The Brain in Labour
7. Stages of Labour (what happens and what to expect)
8. Breathing
9. Hypnosis & Visualisation (Hypno-Birthing)
10. Labour Focus Points
11. Natural Induction Methods
12. Labour & Birthing Positions
13. Natural Pain Relief Options
14. Medical Pain Relief Options
15. Massage By Your Partner During Labour
16. Birth Day Preparation
17. Some Extra Helpful Information
18. Writing Your Own Birth Plan
19. Spinning Babies – Turning A Breech Baby
20. Important Things To Remember