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“ESSENTIAL 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. Essential Oils During Pregnancy, Labour, Birth & Postnatally
8. Breathing
9. Relaxation, Hypnosis & Visualisation
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 you may not know
18. Writing Your Own Birth Plan
19. Spinning Babies – Turning A Breech Baby
20. Important Things To Remember