

heartfulbirth♥

upcoming holistic birthing & parenting Classes

nurturing classes for expectant and new parents

6 week Birthing from Within series

begins **October 1st, 2009 ~ Thursday's from 6:30 ~ 8:30pm**

(see description below)

one day birth preparation workshop

October 24, 2009 ~ Saturday, 10:00am -3:00pm

- ♥ Prepare for a gentle and mindful journey into parenthood, trusting birth and feeling empowered through breath awareness, comfort measures, and creative coping methods
- ♥ Participate in thoughtful discussions and activities, and learn important tools about being in labor and giving birth, partner support, and the important choices available to you in any birth setting
- ♥ Explore your hopes and expectations as well as the realities of parenthood including supportive breastfeeding, fostering a healthy family environment
- ♥ All are welcome, women may attend alone, with a partner or birth companion to all classes.
- ♥ Six week series appropriate for all stages of pregnancy, advanced registration needed.

Birth Art ~ pregnancy class

(A creative birth preparation exploration, for women, all stages of pregnancy)

One evening only, October 21, 2009, 6:00 – 8:00 pm

A New Mother's Tea ~

held monthly for mothers and babies up to seven months

October 28, 2009 from 10:00 – 11:30am

all classes are offered at Whole Life Health Care in Newington
www.mywholelifehealthcare.com

for registration and information ~ please contact **Andrea Rutherford**
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www.heartfulbirth.com



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