



Learn to be Empowered for your Birth ***Active Birth Class***

Active Birth – 1 day intensive

We will discuss principles & practice of active labour & birth.

Exploration of positions, movement and massage during labour,

Simple relaxation techniques are explained.

Many partnered exercises and useful ways for the partner to support the birth are covered.

Learn about creating the perfect hormonal environment for birth.

The forms of pain relief available – natural & medical, and water birth & how to create the 'ideal' birth environment are all discussed.

Learn how to maximize the hormones of birth

Learn about simple natural remedies for pregnancy discomforts .

Learn about the physiological and emotional aspects of birth

Women and men will be encouraged to think more deeply about what they want from their birth experience and the impact of this on themselves, and their baby.

Education about natural/active birth , and medical interventions/pain relief

Empowering women to make informed choices about many elements of their care both during pregnancy and birth.

Conscious Conception and Birth Centre

Phone: 08 6196 0463

www.ccbcwa.com.au