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
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