

Relaxation classes
 Pregnancy and baby Yoga
 Hypnobirth
 Soundbirth
 Baby reflexology

Active Birth
 Choices in childbirth and other events
 Women's gatherings
 Baby Massage
 Feng Shui sacred space courses

Classes at Conscious Conception and Birth Centre Feb to April 2012

Pregnancy Yoga Class, cost \$100/5 sessions-bookings essential	Starts Saturday 28 th January 2-4pm (10 week term)
Mums and bubs yoga, cost \$100/10 sessions-bookings essential	Starts Wednesday 1 st February 10-11am (10 week term)
Mother nurture group for early parenting-bookings essential Fully funded group	Starts Tuesday 31 st January 2-4pm
Screening of film THRIVE	Thursday 19 th January 7pm onwards
Sonic nutrition classes for mums and bubs up to 7 months and pregnant women (8 week course) \$97.00 or \$15.00 casual	Starts Thursday 2 nd of February 10:30-12
FREE Soundbirth introduction workshop	Tuesday 7 th February 7-8:30pm
FREE Creating Sacred Space with Feng Shui	Thursday 9 th February 6:30-9:30pm
Baby reflexology Tummy Aches, Digestion \$35	Tuesday 14 th February 9:30-11am
Introduction to Baby Massage Classes cost- \$20.00	Wednesday 15 th February 11-12pm www.joyousbeginnings.com.au
Introduction to Relaxation in pregnancy classes- cost \$20.00	Wednesday 15 th Feb 5-6pm www.joyousbeginnings.com.au
Intro to Hypnobirthing cost- \$30.00 per couple	Wednesday 15 th Feb 6:30-8:30pm www.joyousbeginnings.com.au
Choices in childbirth- FREE class	Wednesday 15 th February 5-6pm
Mothers Blessing Circle with Ishara inspiration & support for the spiritual journey of motherhood from conception to age three. \$20.00 per session of \$75.00 for 5 people prepaid	Saturday 18 th Feb 10-12pm
Active Birth Workshop- \$120.00 per couple	Sunday 19 th February 10-4pm
Soundbirth course for expectant couples (6 week course)	Starts Tuesday 21 st Feb 7-9pm
Chiropractic care in pregnancy, birth & beyond \$35.00	Thursday 23 rd February 6-7:30pm
Baby reflexology- Calm babies- behaviour \$35	Tuesday 28 th Feb 9:30-11am

Breath workshop (men and women welcome) \$75.00	Sunday March 4 th 1-4pm radiantwoman.com.au
DONA Doula training birth and postnatal training 6 days training	Friday 2 nd -7 th march
Creating Sacred Space for Birth with Feng Shui \$120.00 per couple includes morning tea and workbook	Sunday 11 th March 10-4pm
Baby reflexology – healthy baby workshop \$35	Tuesday 13 th march 9:30-11am
Mothers Blessing Circle with Ishara inspiration & support for the spiritual journey of motherhood from conception to age three. \$20.00 per session of \$75.00 for 5 people prepaid	Saturday 17 th march 10-12pm
Choices in childbirth- FREE class	Wednesday 14 th March 6-8pm
Active Birth Workshop cost- \$120.00 per couple	Sunday 18 th March 10-4pm
Introduction to Relaxation in pregnancy classes- cost \$20.00	Wednesday 21 st march 5-6pm www.joyousbeginnings.com.au
Introduction to Baby Massage Classes cost- \$20.00	Wednesday 21 st March 11-12pm www.joyousbeginnings.com.au
Chiropractic care in pregnancy, birth & beyond \$35.00	Thursday 22 nd March 6-7:30pm
Creating Sacred Space for Birth with Feng Shui- one time intro cost for birth professionals \$60.00, includes workbook	Friday 30 th March 10-4pm
Soundbirth full day workshop for expectant couples	Sunday 1 st April 10-4pm
Choices in childbirth- FREE class	Wednesday 11 th April 6-8pm
FREE Soundbirth introduction workshop	Sunday 15 th April 2-3:30pm
Introduction to Baby Massage Classes cost- \$20.00	Wednesday 18 th April 11-12am
Introduction to Relaxation in pregnancy classes- cost \$20.00	Wednesday 18 th April 5-6pm
Intro to Hypnobirthing cost- \$30.00 per couple	Wednesday 18 th April 6:30-8:30 www.joyousbeginnings.com.au
Chiropractic care in pregnancy, birth & beyond \$35.00	Thursday 19 th April 6-7:30pm
Active Birth Workshop cost- \$120.00 per couple	Sunday 22 nd April 10-4pm
Mothers Blessing Circle with Ishara inspiration & support for the spiritual journey of motherhood from conception to age three. \$20.00 per session of \$75.00 for 5 people prepaid	Saturday 28 th april 10-12pm

Mums and bubs / meet and greet a midwife- \$5.00 entry

**Every 2nd and 4th Monday of the month-ongoing (babies up to 6 months or crawling) 10-12
Commences Monday 13th February –come and meet a midwife**

Please contact CCBC to register interest before coming for a class. Phone 6196 0463 to register or email liza@cbcwa.com.au, www.cbcwa.com.au