

Birth Classes

for body, mind and spirit



For the expectant mother, being prepared to give birth means feeling *confident* and *inspired*.

This means having a good understanding of:

- your body and the birth process
- the choices and the challenges you will meet
- your personal strength
- trust and how to generate it in yourself, your support people and the birth process.

For the father/partner it means understanding:

- and feeling confident in the birth process
- how you can support your partner
- how you might feel and your needs

My aim is to have you complete the classes feeling truly prepared. Teaming the knowledge you need with the wisdom your body already knows.

2 Sundays 9.30am - 5.00pm
766 Riversdale Road, Camberwell

\$350 per couple, \$250 per single
\$150 doulas, \$50 extra support person
concessions available

for more information go to

www.openingtolife.com.au

For the body

- What's happening to you and your body in the lead up to giving birth
- How to know when you are in labour
- When to go to hospital, how to labour at home
- How the body functions to help give birth
- How the hormone system works during birth
- How your baby takes part in the birth process
- Support during labour - the father's role, the doula, midwife and obstetrician roles
- Active Birth - allowing your instincts to guide you
- Pain relief - all of your options, natural and medical
- Post natal support, breastfeeding support

For the mind

- Birth Options: medical/natural, Obstetrician/ Midwife/Doula what is your ideal mix?
- All the alternatives and options available so you can make appropriate choices for you and your baby (including water birth and lotus birth)
- Communicating and working with your care providers
- Understanding hospital policies and your choices and rights within the hospital system.
- Possible obstacles and how to overcome them

For the spirit

- How your emotions effect the process of birth
- Having a strong sense of birth as a rite of passage
- Feeling a connection to the miracle of birth
- Feeling connected to your baby
- Exploring your needs
- Exploring your fears
- Relaxation - Massage
- Post Natal Depression – how to reduce the risks
- Confidence, trust and relaxation - the vital ingredients

Classes are conducted using; discussion, active participation, the latest DVD's and relaxation techniques. You will be provided with comprehensive notes and a light supper.

About Anna Urbanski



"When I was facing birth for the first time, it felt like I was facing a black abyss, I couldn't imagine any part of it, giving birth or who I would be after I had given birth.

I had an amazing experience birthing my twin boys and immediately afterwards felt a rightness with the world. I feel so grateful that during the birth of my babies, I knew what I needed and what I didn't need, I stood up for myself when I needed to, I went past the point of impossibility, and through the pain and I did it! I was awed.

Afterwards, I felt like I had finally become a woman at 34 years old. To me this is the rite of passage of birth. Since then my passion for birth has led me to become a doula and childbirth educator, I feel so blessed to have the most amazing job imaginable!

My vision and dream for these birth classes is to help ignite the knowing, the passion, the power and the courage that giving birth can awaken in women."

What people say about the classes

"The classes are empowering balanced classes for women and men interested in natural birth. What I loved about this course was the approach of seeing birth as an emotional, spiritual and physical journey, seeing natural birth as 'the norm' and empowering rather than negative - something to embrace rather than fear - I loved the course!"

"Anna's classes were a great alternative to hospital classes, a fantastic way to get both sides of the story. We loved that the classes were intimate and we did not feel judged at any time. It was very important to know all the options and my husband is now feeling confident about his role, knowing that he has a say in what happens during the birth. He now feels confident about being able to say yes or no. Thank you so much Anna"

"I came away from the classes with confidence, they have allowed me to be far more centred and focussed in my body mind and spirit".