

Source Yoga Presents:
Birthing From Within
April 28th 1-4 PM
Cost:\$60 per couple

Please register by:
April 21st -
Cost the week of
workshop: \$70



Birthing From Within

Childbirth Preparation Workshop with Nicole Sanson-Frey

Source Yoga

Birthing from Within childbirth preparation inspires expecting couples to explore their deepest questions to prepare themselves for birth and life that follows. Through birth art, prenatal yoga, innovative pain coping practices and exploration processes, we will gain tools and skills to be resourceful in our experience giving birth. We'll be covering practical subjects, as in the "how to's" and "what to do's," as well as: playing with creating birth art to explore some of our issues and beliefs about labor and birth; practicing some pain coping techniques, and even do a little prenatal yoga to experience in our bodies some positions and movements helpful to pregnancy, labor, and birth. This workshop is for couples. Dress comfortably and be ready to move. Bring a snack for the three of you, your questions, concerns and experience, and come with an open heart ready to immerse yourself for three hours in birth and everything beyond!

Nicole Sanson-Frey is a doula, and a childbirth educator, teaches prenatal and postnatal yoga, and is a devoted mother to two girls. She lives in Portland, Oregon.

Source Yoga

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