

A multi-sensory and holistic approach to childbirth preparation



"We learned so much, both of us. I feel ready now, and I know I can do it! **WE** can do it."
~L.M.~

BIRTHING FROM WITHIN^{-style}

HOLISTIC CHILDBIRTH CLASS



"Through soul-searching and listening more deeply to the women I was working with, I finally understood that women have to prepare for birth in their heart and soul, not their head. And that giving birth is something a woman does in her body, not her head."

—author Pam England in *Birthing From Within*

- Learn proven pain-coping practices you'll both find useful for labor and life
- Practice hands-on support skills, so the information stays with you
- Enjoy "standard topics" presented in exciting and effective new ways
- Discover your own inner wisdom about birth and parenting
- Gain insight about labor/birth from mother's, father's, & baby's perspective
- Learn to birth in awareness, no matter how your labor may unfold

January 20 – March 3, 2010
(7 week series; Wednesdays, 7-9:15 pm)
COST: \$150

LOCATION: Carolina Community Maternity Center

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MENTORS: Eileen Sullivan has been a childbirth educator and doula since 1987. She completed basic and advanced level *Birthing From Within* trainings with Pam England, and has mentored parents in BFW classes since 1999. Eileen is also a certified holistic doula (birth and postpartum), a certified EFT practitioner, and a doula mentor and trainer for The Matrona's Holistic Doula Training Program.

Rena Henson is a doula (birth and postpartum) and childbirth educator, herbalist and vaccine educator who has served families in the Charlotte and upstate SC areas since 2004. Rena is an apprentice mentor who plans to take the next step in her journey with *Birthing From Within* at a Mentor Training in Tennessee this spring.

