

Holistic Childbirth Class

“Birthing From Within” Philosophy



Classes are offered as a Seven-Week Series in Millburn, NJ at The Yoga Room. For more information about The Yoga Room, visit www.TheYogaRoomNJ.com

Saturday classes are from 2:30-5:00pm starting on:

- November 20th (January, Feb. March due dates)
- February 5th (April, May, and June due dates)
- April 9th (June, July, and August due dates)

Expectant parents will learn:

- Pain Coping Skills (1/2 of every class is dedicated to this)
- The Physical and Emotional Work of Labor
- How Environment Affects Labor Physiology
- Being Practical and Powerful during Active Labor
- Pushing Effectively
- Breath and Affirmation Practice
- Baby Care Basics
- Postpartum Planning and Healing
- And Much More

Suggested Reading

- *Birthing From Within* by Pam England
- *Active Birth* by Janet Balaskas

Facilitator:

- Naima Duncan: Mother of three, Birthing From Within, Level 1 Mentor and Birth Doula.

For more information or to register for class call 973-509-8478 or email naima@motheringthemommy.com.

Mothing the Mommy Childbirth Class Registration Form

Name(s) _____

Daytime phone (please indicate best time to call) _____

Evening phone (please indicate best time to call) _____

Street Address _____

Email Address _____

Baby # _____ Baby's expected due date _____

Doctor/Midwife's name _____

Where are you birthing your baby? _____

Please list your concerns, worries, or fears about your birthing experience.

What questions would you like this class to answer for you?

If you have given birth before, please describe your birth experience.

How did you find out about the childbirth class?

Please indicate which class series you are interested in attending. _____

- The total fee for couples is \$300.
- Please send the completed registration form and a non-refundable deposit of \$100 before the start of your class session. Check should be made payable to Naima Duncan. Send to:
Naima Duncan
Mothing The Mommy Childbirth Services
30 Elmwood Avenue
Montclair, NJ 07042
- Choose Holistic Childbirth Classes and Mothing The Mommy Doula Support and receive a 25% discount.
- Current members of the Holistic Moms Network and MOCHA MOMS will receive a 25% discount.