

# Active Birth Workshop



Designed to empower Mums-to-be and prepare for labour and birth



Date: Saturday 11<sup>th</sup> February

Time: 12-5pm

Where: Dublin Holistic Centre, 28 South William Street, Dublin 2

Fee: €80

*€40 booking deposit required to reserve your space  
Please pay deposit by Paypal or online bank transfer*

## **Topics Covered:**

Position of baby

Stimulating labour

Anatomy of the pelvis

Positive Mental Attitude to Birth

Postures and breathing for Labour

Postures and breathing for Birth

Alternative and Natural pain relief

Hypnobirthing & birthing affirmations

Perineum care

Postnatal care

Email [Rachel@mywellbeing.ie](mailto:Rachel@mywellbeing.ie) or Text 086 845 3864 to Book Your Place