



Natural Flow

Childbirth Education Course

A Natural Childbirth Education course designed to

- Offer practical ideas for this Childbearing Year ~ your nine months of pregnancy and the first 3 months after, including:
 - Healthy Pregnancy: Body, Mind, and Spirit and your growing, changing Self and Partnership
 - Natural Childbirth: Resources within you and in your varied surroundings
 - Breastfeeding: Practical knowledge and Support
 - Mother Care ~ Postpartum
 - Baby Care ~ understanding your newly born child
- Provide a nurturing environment with opportunity to ask questions, share thoughts and ideas, and support fellow participants.
- Create a Birth Plan, find a Doula and other Community Resources (including each other!)
- Learn how listen to your body to understand changes; normal or concerning
- Share this intimate time together and learn about the beauty and commitment that birth shows us.

Logistics: Starting July 17: Six consecutive Sunday nights, 6-8:30pm at Green Mother Goods, 116 W.King St., Boone

Cost: \$150 per couple

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