



Holistic Birthing Classes

Class 1 for Parents-Soulful Preparation for Pregnancy, Birth & Parenting:

(co facilitated by Sherry Rothwell & Jennifer Summerfeldt)

Opening Circle

Intro to CalmBirth

Practice of Opening (Calm Birth Practice)

Wheel of Nurturing

Partner Massage

Way of the Council: Reflections on Pregnancy & on
Becoming a Parent

Class 2 for Mothers-Nutrition, Health and Self Directed Prenatal Care in Pregnancy

(facilitated by Sherry Rothwell)

Symbiotic Benefits of Nutrition for Mom and Baby

Prenatal Testing & Preventing Pregnancy Discomforts

Postpartum Rejuvenation

The Motherblessing

The Care and Honouring of the Placenta

Nourishing the Mother With Food and Herbal Infusions

42 Day Sacred Window

Oil Application

Moxibustion, Uterine Massage and Bellywrapping

Class 3 for Parents-Pregnancy as A Rite of Passage, Peak Experience and Altered State of Consciousness

(facilitated by Jennifer Summerfeldt)

Ecstatic Birth: Hormonal Blueprint of Labour & Transcending Pain

Oxytocin-the hormone of love

Endorphins-hormones of pleasure and transcendence

Adrenaline and Noradrenaline -hormones of excitement

Prolactin-the mothering hormone

Brain States and Navigating Altered States for Birth

Re-Sexualizing Childbirth

Empowered, Orgasmic and Ecstatic Birthing

Way of the Council: Dream Birth Experience

Class 4- For Parents-The Yoga of Childbirth

(facilitated by Sherry Rothwell)

Womb Breathing (Calm Birth Practice)

Fear -Tension-Pain Cycle & Neurophysiology of Relaxation

Impact of Medications in Labour & Compassionate Care

New Models of Prenatal Care- Potential in Childbirth

Deconstructing Birth Mythology-the Myth of the EDD etc.

“Herstory” of Birth, Cultural Imprinting and Birth Politics

Class 5 for Parents-The Undisturbed Birthing Paradigm

(facilitated by Jennifer Summerfeldt)

How Ancient Birthing Wisdom is Evolving Modern Birth

The Birth Allies: Sphincters/Engorgement/The Accordion

Yoni/Oxytocin/the Fetal Ejection Reflex/Gravity

Core Values Clarification Exercise for Expectant Parents

Way of the Council: From Compromise to Consensus

Class 6 for Parents-Routine Care of the Newborn

(facilitated by Sherry Rothwell)

Practice of Opening & Womb Breathing (Practices)

- pitocin injection/suctioning/resuscitation/delayed cord cutting Bathing/eye prophylaxis/heel prick test for metabolic disorders/ vitamin k
- Video: What Babies Want

Class 7 For Partners-The Dance of Labor-Navigating Birth at Home and in the Hospital

(facilitated by Jennifer Summerfeldt)

- Labour Progress and the External Signs of Labour
 - Holistic Stages of Labor
 - The Labour Project and When to go to the Hospital
 - What to do When Your Water Breaks
 - Instinctive Birth at Home and in the Hospital
 - Tips for Water Birth and Birthing on Land
- Exercise: Creating a “Home Birth” in the Hospital
Way of the Council: Visioning the Birth Experience

Class 8 For Mothers-Pre and Perinatal Psychology-The Impact of Birth on Motherhood and Baby's Future Experience of Life

(facilitated by Sherry Rothwell)

- Mom's and Babies Needs Are One and the Same!
Preventing Postpartum Depression
Undisturbed First Hour After Birth (the 4 B's!)
- Babymoon/Bleeding/Bonding/Baby led Breastfeeding
- Helping Baby Heal from Birth Trauma:
- Connecting in With Your Baby
 - Craniosacral Therapy
- Mother as Healer

Practice of Giving and Receiving (Calm Birth Practice)

Class 9 For Parents-Creating Consensus With Your Caregivers

(facilitated by Jennifer Summerfeldt)

- Conflict Resolution and Non Violent Communication
- Birthing Naturally in the Face of Doubt
- Responding to the criticism when our friends, families and Care givers challenge our intention to birth naturally.
- Birth Theatre

Way of the Council: Where Am I at with My Caregivers?

Class 10: For Mothers-Initiation into Natural and Holistic Mothering

(facilitated by Sherry Rothwell)

Breast-Breathing, Breath-Feeding (Calm Birth Practice)

Creating your Breastfeeding Sacred Space/Co-Sleeping
Baby wearing/ Attachment Parenting/Mothering w/ Soul
Vaccination/Circumcision

Class 11: For Mothers -Childbirth Challenges

(co facilitated by Sherry Rothwell & Jennifer Summerfeldt)

Susun Weed's Steps of Healing to Gracefully Assist Labour
and Birth

Explorations in Releasing and Transforming
Birth Fears

The Birth Wound-Are we unwittingly perpetuating a great
cycle of misunderstanding and fear in birth?

Birth Songs and Motherblessing

Class 12: For Parents- Baby Welcoming Ceremony and Potluck!

(co facilitated by Sherry Rothwell & Jennifer Summerfeldt)

