

CHARM CITY YOGA WORKSHOP WITH HEATHER BROWN

YOGA BIRTH

An innovative childbirth preparation program that combines the ancient mind-body wisdom of yoga with education on the modern birthing environment

BODY

- promote well-being and prepare the body for labor with gentle asana
- learn positions that facilitate effective birth
- explore what happens during each stage of labor
- work with your body's inherent wisdom for an intervention-free birth

MIND

- reprogram attitudes and expectations about childbirth
- learn how the body processes pain signals and how the mind can ease them
- practice meditation and deep relaxation techniques as pain management
- educate yourself on the risks and benefits of modern obstetric practices

SPIRIT

- honor the spiritual and transformative nature of childbirth
- discover your inherent power to give birth naturally and joyfully
- celebrate the miracle of creation and your birth as a parent
- connect with partner and baby in a present and loving way

Midtown Studio (First Floor) • 6 Mondays • Sept. 28, Oct. 5, 12, 19, 26 & Nov. 2, 2009



6:00-8:30 PM • Cost: \$260 • Pre-registration is recommended

Heather Hamlin Brown, RYT, is a mother and yoga teacher who was deeply inspired by her own experience of yoga during pregnancy as a primary method of readying body, mind and spirit for the magical and transformative experience of giving birth to her baby and herself as a mother.

Heather is dedicated to empowering pregnant women to trust their own inherent wisdom and strength to guide them through pregnancy and childbirth. She encourages women to reclaim their power to give birth as nature intended, without an over reliance on invasive medical techniques. Heather is a Registered Yoga Teacher with the Yoga Alliance, and has studied extensively the mind-body connection to health and holistic care during pregnancy and childbirth.

To read and learn more about YogaBirth, please visit www.yogabirthebaltimore.org.



Charm City Yoga Workshop: Yoga Birth With Heather Brown

Yoga Birth Workshop: \$260.00

To register, please fill out the form and write a check to Charm City Yoga or fill out the credit card information below.

Name _____ Amount Enclosed _____

Address _____

City _____ State _____ Zip _____

Phone _____ e-mail _____

Please bill my credit card for the following amount \$ _____ VISA Master Card

Card number: _____ Expiration date: _____

Name as it appears on the card: _____ Signature _____

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