

Mind/Body/Birth: Comfort Measures Workshop

- Online via Zoom
- Recommended to complete class by 38 weeks of pregnancy.
- **Class fee: \$80**

This interactive workshop is for pregnant people to prepare to cope with the sensations of late pregnancy, labor, and birth. This is a fantastic complement to other birth preparation classes, whether you are looking forward to medical pain relief or not.

This class explores partner-based practices to ease tension and promote progress during the birthing journey. Couples build confidence as they learn and practice techniques together, helping you to create an outline of your favorite strategies for your birth plan. Be ready to move and participate!

Class is for the pregnant person and a partner/support person. We welcome all expectant families, regardless of birthing location.

Class covers:

- mind body connection and the hormones of birth
- breath-work and cueing breaths practice
- guided relaxation, deepening and visualization
- hands-on comfort: massage, counter pressure, hip squeeze
- positions for progress and comfort

Class dates and registration

- [Check class dates and availability](#)
- [Register for this class](#)