

Empowered Birthing

Half-Day Workshop for Pregnant Women & Their Partners



Facilitator: Dr. Japjeet Rajbir Kaur

Saturday 25 May 2019, 1.30-5.30pm

Shuniya Kundalini Yoga, 118 Bosworth Street, Leicester, LE3 5RD

During the last trimester of any students in my pregnancy yoga class I always offer an Empowered Birthing Workshop for the pregnant students and any other pregnant women who want to join, with the option of having their partners (or birthing partners, if different than relational partner) present.

Below is a (non-extensive) list of topics we generally include:

- Stages of labour
- Optimising the environmental conditions for labour & birth
- Natural pain relief
- Homeopathic remedies for labour & birth
- Aromatherapy & herbs for labour & birth
- Natural induction methods
- VBAC
- Massage techniques during labour (done by partner)
- Use of Rebozo or wrap during pregnancy and labour (and I'll have several for sale too)
- How to support a woman through labour (very useful for the partner)
- Discussion of several birthing positions (upright vs. reclining) & how the support person can help
- Surprise birth: what can be done?

- “Conscious Caesarean”
- Natural labour birth kit: what to include?

The workshop comes to £130 in total for you & a partner together (that can be your relationship partner, or someone else who is going to be your birthing partner), and you'll also receive a whole lot of information on hand-out (approx. 100 pages with all kinds of useful information, including birthing positions, massage techniques shown, ...). £30 of this fee is a non-refundable deposit; if you need to cancel less than 2 weeks before the workshop, all fees become non-refundable. If I need to cancel the workshop for any reasons, then of course you'll get a full refund.

(If we have a bigger group, we'll move to a nearby venue).

You can register by emailing me on japjeetkaur@shuniya-yoga.org ; you'll then be sent the payment details.

Facilitator



Dr. Japjeet Kaur (previously known as dr. Nele Bemong, before she became a Sikh) gained her PhD in 19th-century literary studies and worked in academia (at K.U.Leuven in Belgium & Penn University in Philadelphia, USA) for over a decade before she left her academic career in 2011, to embark on a life focused on serving others in their journey towards consciousness, awareness and healing. Since 2012 she has been working full-time as a yoga teacher and holistic therapist. She is based in Leicester, UK. She combines her teaching of Kundalini Yoga (which she has been teaching since 2008) with serving new yoga teachers in KY teacher training programs; teaching pregnancy, postnatal & baby yoga; and postnatal doulaing. She will also be training to become a postnatal doula trainer. She combines all this with offering Closing the Bones ceremonies and yogic massages, as well as training others in both these massage disciplines, and with working as a health & nutrition coach, life & yoga coach, and her work as an aromatherapist (which includes her making her own line of organic skincare and natural cleaning products). Find out more about Japjeet on her website www.shuniya-yoga.org