

# SAKINAH BIRTH CLASSES

peace, serenity, tranquility



## *A workshop that explains...*

The intricate effects of the mind on the birthing mother

The amazing mechanics of the female body in birth

The sensational experiences in birth

The keys to a positive birth experience

The secrets to a complete transition after birth

**\$350**  
*investment*  
*limited spaces, book now!*



**Location:** South Granville

**Cost:** \$350

**Time:** 2 sessions, 2hrs per session

Interstate online available

Healthy light refreshments provided throughout the day!

*And a gift for every mother!*





# SAKINAH BIRTH CLASSES

peace, serenity, tranquility



*A workshop that explains...*

## THE INTRICATE EFFECTS OF THE MIND ON THE BIRTHING MOTHER

Learn to release your fears, and tune into your primal brain and instincts.

## THE AMAZING MECHANICS OF BIRTH AND OF THE FEMALE BODY IN BIRTH

Discover the hormones of labour and the stages of childbirth

## THE SENSATIONAL EXPERIENCES IN BIRTH

Where does the sensation of pain in labour come from, and what is its purpose?

Discover how to embrace these sensations, work with your body and explore the most effective coping strategies.

## THE KEYS TO A POSITIVE BIRTH EXPERIENCE

Du'aa, tawakkul and sabr. How to keep these three keys in focus.

Learn how to prepare your environment and support people.

Discover your options, explore your preferences, and gain the confidence to make informed decisions.



## THE SECRETS TO A COMPLETE TRANSITION AFTER BIRTH

Discover the instinctive behaviours of your newborn baby, and how it impacts the breastfeeding relationship.

Prepare for a baby-moon and explore the fourth trimester.

Postnatal expression- a vital concept for the whole family to embrace.