



Are you frustrated by how many women seem to have trouble giving birth?

Do you wish you could do something *more* about it?

YOU CAN!

Attend a BIRTHING FROM WITHIN workshop to discover new ideas, resources, and inspiration!

Introduction to BIRTHING FROM WITHIN® MENTOR & DOULA WORKSHOP

Three-day workshop for people who care about birth!

September 19, 20, & 21; 2008

HOLLYWOOD, CALIFORNIA

\$425*

BIRTHING FROM WITHIN offers you **innovative and compassionate** ways to help parents deeply and **dynamically prepare for birth & parenting**. This workshop is an introduction to the philosophy of BIRTHING FROM WITHIN and is designed for mothers, midwives, doulas, nurses, childbirth educators, and yoga teachers who want to **empower parents** to experience a “**birth from within.**” You will learn **delicious and creative** ways to *Validate, Motivate, Educate, Initiate, and Celebrate™* parents! You will feel your heart and mind open to growth, exploration and many possibilities, both in your professional work and in your own personal growth and knowing. After completing this workshop, you may choose to enroll in our Mentor and/or Doula Certification Programs**. Read more on our website!

Here's a delicious sampling of what you will learn:

- Specific strategies and proven practices to help parents learn to cope with pain and the unknowns of birth.
- How to cultivate a solution-focused mindset in parents (*instead of a fear-based mindset*).
- The power of visualization and basic skills to lead a powerful process to help parents overcome their fears.
- How to develop class plans to integrate multi-sensory processes and practical information.
- How to work from your creativity and positive intentions, instead of from fear or frustration.

We guarantee you will be blown away by the innovative content and individual attention, which will create a profound paradigm shift in you and in the parents you work with.



BIRTHING FROM WITHIN Workshop Facilitators, Virginia Bobro and Britta Bushnell, are experienced Certified Mentors who are personally selected and extensively trained by Pam England to deliver this innovative, dynamic, and deeply personal approach to anyone working in the field of birth.

For more information or to register online: www.birthingfromwithin.com or call (805) 964-6611

*Late fee of \$50 applies for all registrations after Sept. 1, 2008, for a total of \$475.

**Completion of this workshop satisfies the first requirement of becoming a BIRTHING FROM WITHIN Mentor and/or Doula. Anyone who works with expectant or new parents is welcome to attend for their own personal growth, without any obligation to enroll in our in-depth and unique certification programs. Complete info on fees: http://birthingfromwithin.com/fee_schedule. Visit our website for details on our programs.

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