



## ONE DAY SESSION PROGRAM (FOR PREGNANT COUPLES)

9:00 a.m.- 4:30 p.m.

9:00-11.00 a.m.

Introduction: If giving birth is so natural, why do we need to learn how to do it? (open discussion)

Posture, let's get comfortable

What's your prototype (couple exercise)

Welcoming "Ice Breaker" Dynamic: Baby, please introduce us to your parents (group identity exercise)

Why does birth matter? And what way of being born is best? Learning about birth options and which ones give us a greater sense of security? (In this strategy, we use connection postures and reflection)

Let's work on our balance, team work

Factors that influence birth outcomes (this ends with couples dancing together in order to create more hormone receptors)

Anatomy: what's going on inside of your body and what will change during labour and delivery  
(psychodrama example of what labour looks and sounds like)

11 a.m. BREAK

11.20

How long does labour last?

Early labour

When to go to hospital: what's your plan?

Resistance posture

Breathing Practice (partnered breathing techniques)

Does this sound normal to you? (developing intuition)

1:00-2:00 LUNCH

2:00-4.30 p.m.

Reintegration exercise

How our surroundings affect our state of relaxation

What do we remember from the morning session?

Stretching with body-mind-breath awareness

Birth preferences: the number one non negotiable ( we divide into smaller groups): finding your voice and communicating your needs, role play

The power of touch

Ways we know we are progressing

Second stage and the FIRST ENCOUNTER (the pinnacle moment)

Questions

4:30 Closing ceremony and graduation (making sure the group stays in touch)

Feedback

Inviting them to partake in your other services (invite them to a postpartum class and breastfeeding class for example, talk about your hotel accommodations, etc.)

This is what I would call My Most Probable Proposal for what we can discuss during a one day session.

However, as I have mentioned, my classes are “living things”, they don’t follow outlines. In case the group shows interest in another direction, I will guide them in such a way that everyone feels heard and satisfied with what they are taking home after this day of learning and interiorizing so many new feelings and ideas.

**A 3 hour version of this is available for a private session with only one couple.**



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*see you  
soon!*

