



## Birthing From Within Childbirth Preparation

### A Gourmet Childbirth Preparation Class

2 Consecutive Saturdays

June 14<sup>th</sup> and June 21<sup>st</sup> from 2 pm to 9 pm (with dinner break)

Weekend Intensive Childbirth Preparation class using the Birthing From Within Model. This class teaches a holistic approach to childbirth and several effective pain-coping exercises. The goal of this series is guide women toward the most positive birth experience. This

course does not prescribe a “correct” way to birth rather you are encouraged to birth in consciousness and make informed choices.

Birthing From Within employs self-discovery to help you experience birth as a rite of passage.

\$250.00 for the series

*Please do not let financial concerns prevent you from attending the weekend intensive. Contact me to make special arrangements.*

classes hosted by

Sandra Chavez Johnson

at

The Birth Place

1130 E Plant Street

Winter Garden, FL 34787

For more information

call Sandra at 321.441.6969

or email [birthmentor@gmail.com](mailto:birthmentor@gmail.com)

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