

Holistic Birth Retreat

Birth without Fear (8-9 April)



**“There is a secret in our culture,
and it’s not that birth is painful.
It’s that women are strong.”**

~Laura Stavoe Harm

Being pregnant and giving birth is one of the most amazing *and* at the same time, one of the most daunting experiences you will have as a woman. This retreat will prepare you and your baby for birth, both physically and emotionally. It will help you to get in touch with your inner strength and intuition to make you feel empowered to give birth your way.

Nicole, a highly experienced and renowned midwife, and Anneriek, an exceptional yoga teacher, have joined forces to create this unique retreat just for you. They will take you on a journey where stories will be shared, questions will be answered, information will be provided and where both your body and your mind will be nurtured so that you will be better prepared to enjoy your birthing experience.

Where

A beautiful rural property in Cattai NSW. Just 50 minutes from Sydney CBD.

Program

Saturday 9AM start,
Sunday 3.30PM finish.

Partners

Partners are welcome to join Sunday after lunch.

Costs

- \$ 425, which includes accomodation and all meals
- \$100 deposit required

Questions?

Anneriek Favelle

0439 886 185

anneriek@yoga4you.com.au



About the Retreat

We welcome participants into a beautiful rural property, which creates a trusting and open environment to learn, share and explore. This retreat is **suitable for women in all stages of pregnancy**. Group size will be kept to a limited number.

This holistic birth retreat includes:

- ▶ The physiology of giving birth and active birth guidelines
- ▶ Preparing for birth and having a birth plan
- ▶ Working with your pain, including drug free pain relief
- ▶ How to manage interventions during birth
- ▶ The birth experience for baby and the early days
- ▶ Recovery from birth, breastfeeding and what to expect in the first few weeks
- ▶ Guided breath, meditation and mindfulness sessions
- ▶ Yoga sessions to both prepare for and recover from birth
- ▶ An amazing Soul Vibing session by Matt Omo
- ▶ Delicious breakfast, lunch and dinner, drinks and snacks. All freshly made for you.
- ▶ A beautiful space and accommodation surrounded by a peaceful and quiet valley
- ▶ Swim in the salt water pool, relax in the entertainment area or go for a walk in the beautiful surrounding hills

Booking

Book in at www.yoga4you.com.au/retreats or contact Anneriek anneriek@yoga4you.com.au. A non refundable \$100 deposit is required to secure your spot. Payment in full to be made 14 days before the start of the retreat. Payments can be made via cash, bank transfer, PayPal or secure credit card payment.

Bank details:

- ▶ Account name: Johanna Favelle
- ▶ BSB: 062 622
- ▶ Account no: 10409912
- ▶ Please put "HBR" + your name as reference

Many health funds provide cover for antenatal preparation. Please contact your fund to see if you are eligible to claim for "prenatal related services".



About Nicole

Nicole is a qualified midwife and maternal and child health nurse and mother of three who has been providing childbirth education since 2000. Nicole believes every parent should receive the information and support to ensure that they have the best possible birth experience.

www.letsbringiton.org



About Anneriek

Anneriek is a mother of two and has been teaching yoga for over 15 years, completed over 1000 hours of training, and is certified in both Ashtanga Vinyasa and Yin yoga. She is a Level 3 Senior Registered Teacher. Anneriek is passionate to share her joy for yoga to create healthy bodies and peaceful minds and to help find a lightness in living.

www.yoga4you.com.au