

# Empowered Childbirth

## A Three-Part Intensive Emphasizing:

*Holistic ~ Evidence-Based Education for Home and Hospital Births*

- ~ Mindfulness and Stress reduction Techniques
- ~ Prenatal and Postpartum nutrition
- ~ Evidence based knowledge
- ~ Crafting your birth plan
- ~ Working with your partner as a team
- ~ Pelvic Floor Muscular Health
- ~ Pain coping skills
- ~ Infant massage
- ~ Breastfeeding preparedness
- ~ Postpartum adjustment...and MORE



### Instructors:

**Ame Solomon**, Childbirth Educator, Midwife & Doula

**Amy LePage-Hansen**, Doula-Trained, Prenatal and Therapeutic Yoga Practitioner

**\* Certain Insurance Accepted \***

*Recommended during 2nd trimester / Welcomed during any stage of pregnancy*

(802) 778 - 0300

[www.emergeyoga.net](http://www.emergeyoga.net)

[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**

**Empowered Childbirth**  
[amy.emergeyoga@gmail.com](mailto:amy.emergeyoga@gmail.com)  
**802 778 - 0300**