

HOLISTIC DOULA TRAINING – NURTURING WAYS

MAY 7-9TH

7527 77THAVE

FRIDAY EVENING

6:30pm-9:00pm

- 6:30 – 7:00pm Registration
- Opening and Introductions
- What is Holistic Doula Care?

SATURDAY

9:00 am – 9:00pm

- Nocebo effect and Word Medicine
 - Nurturing Wheel
 - Holistic Nutrition in Pregnancy
 - Herbal Infusions
 - 1:00pm Lunch (Making a Green Lunch Together)!
 - Visualization
 - Birth Intentions in Pregnancy and Helping Women move through Fear
 - How to Facilitate a Mother Blessing and help mom enlist the support of her community
 - Creative Healing Prenatal Massage
 - Uterine Massage/ Moxibustion and Belly wrapping
 - Video portion on Ayurveda Postpartum
 - Care and Feeding of Women in the Postpartum
 - 5:00 pm Supper (the Perfect Postpartum Meal)
 - 7:00pm-Women's Council: the Gifts and Challenges that arise on the Path of the Doula
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SUNDAY

9:00am – 8:00pm

- *Wise Woman Steps of Healing Natural Health Healing Strategies for Common Pregnancy and Postpartum Concerns*
 - *1:00pm Lunch (Healing Foods for Gestational Diabetes and Hypertension: Foods that Balance Blood Sugar and Discussion of Fluids and Salt)*
 - *Steps of Healing to Gracefully Assist Labour and Birth Challenges and Complications*
 - *5:00 pm-Supper (another Perfect Postpartum Meal!)*
Sunday Evening
 - *6pm – 8pm Holistic Doula Initiation and Blessing: Ceremony & Woman Honoring Birth Songs*
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Investment: \$350.00 (non refundable deposit \$50.00) – Includes meals, workbook/handouts, and online course.

Please register by April 15, 2010 – email holdthepromise@gmail.com for registration.