

Class 1: Introduction to Labor and Birth

- Introduction to the breath
- Stages of labor
- Touch Relaxation
- Exercise
- Breath Awareness

Class 2: Stages of Labor

- How to recognize labor stages, what to do
- How labor can go
- Sounding

Class 3: Support and Comfort for Labor

- Comfort Measures
- Role of support team, doulas
- Practice: positions, Touch, acupuncture, rebozos, breath, sounds, touch, movement, etc.
- Pushing

Class 4: Pain Medications and other Interventions

- Medications discussion
- Birth Interventions & Complications
- Overdue
- Hospital strategies

Class 5: Cesarean Birth and Tools for Communication

- Practicing Flexibility Exercise
- Art Project
- Birth Visions and Fantasies

Class 6: Bonding and Breastfeeding

- Breastfeeding: Techniques for a great start/when to ask for help

Class 7: The Fourth Trimester

- Newborn Procedures/The first 2 hrs
- Newborn Behavior
- Postpartum Emotional & Physical Realities: Coping Strategies

Class 8: Labor Support Review and Blessingway

- Review of Breath Awareness
- Labor Scenarios
- Sounding
- Labor Support Practice/Review
- Ceremony and "Birth" day party