

Choices for Childbirth.com

THANK YOU FOR YOUR INTEREST IN MY CLASSES. BELOW IS THE CLASS OUTLINE AND ATTACHED IS THE REGISTRATION FORM. TO RESERVE A SPACE IN A SERIES RETURN THE REGISTRATION FORM WITH A \$250 CHECK PAYABLE TO GAYATRI MARTIN TO THE ADDRESS BELOW. YOUR PAYMENT IS 75% REFUNDABLE UP TO 1 WEEK BEFORE THE FIRST CLASS. YOU CAN ALSO SEND A PAYPAL PAYMENT TO INFO@CELEBRATETANGO.COM

THE WEEK-END SERIES IS SATURDAY & SUNDAY FROM 11:00AM -5:30PM + 1 HOUR LUNCH BREAK.

(WE DO MORE HANDS ON, THERE IS TIME FOR QUESTIONS AND WE SEE MORE FILMS)

THE 2 WEEK THURSDAY INTENSIVE SERIES ARE 7:00 - 10:00PM FOR 2 CONSECUTIVE THURSDAYS

(THERE IS MORE LECTURING AND LIMITED HANDS ON, QUESTION AND FILM TIME)

LOCATION: SAINT VINCENTS HOSPITAL COLEMAN BUILDING. 9TH FLOOR ROOM 923. ENTRANCE IS JUST EAST OF 7TH AVE ON THE SOUTH SIDE OF W 12TH ST. OR AT 220 EAST 26TH ST#6L (2-3 AVENUES)

PLEASE WEAR COOL COMFORTABLE LAYERS OF CLOTHING (WE MAY BE ON THE FLOOR OR PRACTICING SQUATTING ETC), BRING A PILLOW, SNACKS, DRINKS AND NOTEBOOK AND PENCIL EACH WITH YOU. FILTERED WATER IS AVAILABLE AT 220 E 26 ST LOCATION.

CLASS 1 INTRODUCTIONS, PHYSICAL CHANGES, WHERE DOES THE PAIN COME FROM, 1ST STAGE - WHAT IS IT, WHERE SHOULD YOU BE WHAT CAN YOU DO TO HELP YOURSELF OR YOUR PARTNER, REGULATING THE BREATH AND THE RELAXATION RESPONSE, POSITIONS, SOUNDS, MOVEMENTS AND OTHER OPTIONS FOR LABOR, BIRTH VISUALIZATION AND YOUR BIRTH VISION, NUTRITION, BIRTH FILM.

CLASS 2 SECOND & THIRD STAGES OF LABOR (PUSHING, BIRTH, PLACENTA), SQUATTING AND OTHER PUSHING OPTIONS MEDICAL PROCEDURES- HOW TO KNOW WHEN THEY ARE BENEFICIAL, BACK LABOR, CONNECTING TO YOUR BIRTH ATTENDANT, REVIEW, BIRTH FILM(S), POSTPARTUM.

THESE ARE 'CO-OPERATIVE' STYLE CHILDBIRTH CLASSES WHICH ORIGINATED WITH THE INTERNATIONAL CHILDBIRTH EDUCATION ASSOCIATION (ICEA) WHOSE MOTTO IS "FREEDOM OF CHOICE BASED ON KNOWLEDGE OF ALTERNATIVES".

I ENCOURAGE YOU AND YOUR FAMILY TO BE CENTRAL TO THE EXPERIENCE AND BE PRO-ACTIVE IN PLANNING AND PREPARING FOR YOUR BIRTH. READING ALL THE HANDOUTS AND PRACTICING THE EXERCISES BETWEEN AND AFTER WILL INCREASE THE BENEFIT OF THESE CLASSES.

PAYMENT FOR PRIVATE CHILDBIRTH IN YOUR HOME \$60-90HR MIN 2 HOURS. PRE-NATAL YOGA WITH DIASTIS REHAB WORK AND BOWEN BODYWORK SESSIONS ARE ALSO AVAILABLE. PLEASE MAIL OR BRING YOUR REGISTRATION FORM WITH YOU. THERE IS A 24 HR CANCELLATION POLICY FOR PRIVATE CLASSES.

IF YOU HAVE ANY QUESTIONS PLEASE CALL ME 212 725 1078

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