

Abigail Jones Photography



## SHE BIRTHS® IS COMING TO THE USA THIS APRIL JOIN US IN NYC AND LA!

Created in Sydney, Australia, She Births® is an internationally recognised, holistic, and evidence-based childbirth education course for expecting couples.

Nadine Richardson, Founder of She Births®, is bringing the must-do course to the USA this April! This two-day course is guaranteed to be one of the most transformative, empowering and enjoyable weekends of your pregnancy.

She Births® is the most comprehensive childbirth education course in the world.

We will cover everything you need to know about the birth process and how to support your body and mind, so that you feel fearless (and even excited!) about giving birth to your baby.

Our comprehensive She Births® toolkit of skills and knowledge will also enable you to enjoy a smoother pregnancy, and set the foundation for conscious parenting.

Everyone can benefit from She Births®, and with the right preparation it is possible for you to create a beautiful birth experience, no matter what unfolds.

She Births® is the only course in the world proven to make birth better and safer for mothers and babies. Groundbreaking results published in the British Medical Journal show that She Births® couples experience:

- 65% reduction in epidural rates
- 44% reduction in caesarean rates
- 53% reduction in the resuscitation of babies
- Shorter labour by 32 minutes

98% of She Births® couples describe their birth as beautiful.

### NEW YORK CITY

Date: 21 and 22 April 2018

Time: 9am – 5.30pm both days

Venue: Manhattan, TBC

### LOS ANGELES

Date: 28 and 29 April 2018

Time: 9am – 5.30pm both days

Venue: ROAM LA, Frogtown

BOOK NOW: [shebirths.com](http://shebirths.com)

For information contact: [info@shebirths.com](mailto:info@shebirths.com)

“She Births® not only taught me skills for labour but also for successfully breastfeeding. I was able to have a drug free, natural birth, even with a posterior baby!

I recommend She Births® for couples looking to make their pregnancy and birth a sensual experience.

My baby boy is now a month old and I am such a proud mama! ”

Anna Kooiman - TV Host



Bright Photography



**She Births®**  
Empowerment through education

“She Births was just what we were looking for in birth education - the perfect blend of nature and science. My husband Erik felt so comfortable, confident and excited afterwards and we both just could not wait for show time. Nadine is real, no BS and gave us practical tools (good for the blokes) as well as reaffirmation that I as a woman, was born to birth beautifully. It was a super addition to our conscious birth preparation and I recommend it for sure!!” Peta Kelly - Entrepreneur, Author



@petarjean

**When to book:** Ideally between 22-36 weeks gestation.

**Cost:** \$US997 per couple.

**What you'll receive:**

- An engaging Weekend Course (two full days, 9am – 5.30pm) for you and your partner, delivered by Nadine Richardson.
- A 100+ page She Births® Complete Guide featuring content covered over the weekend, plus additional information, to help you integrate and practice what you've learnt.
- Access to She Births® Online Resources – including videos, visualisations, and e-books and more.

**BOOK NOW: [shebirths.com](http://shebirths.com)**

**For information contact: [info@shebirths.com](mailto:info@shebirths.com)**