
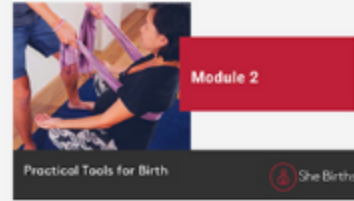





Laying the Foundations 

MODULE ONE: Learn the anatomy, physiology & hormonal orchestration of birth. Build the mindset & set your intention for a beautiful birth experience.



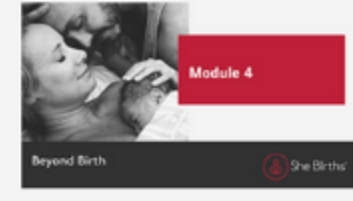
Practical Tools for Birth 

MODULE TWO: Introduction to breathing techniques, massage and acupressure to calm, relax & rehearse for the surges of labour.



Preparing for Labour 

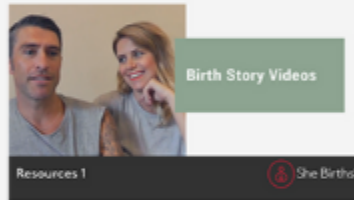
MODULE THREE: An in-depth look at the strategies for each stage of labour. Understand hospital protocols, role of the doula & partner support.




Beyond Birth 

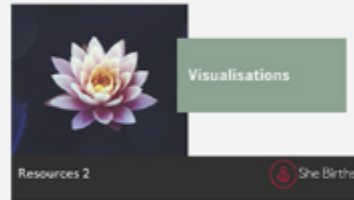
MODULE FOUR: Deepen into relaxation with your partner as an anchor. Learn about breastfeeding, attachment, baby language and the 'We Parent' approach.


RESOURCES



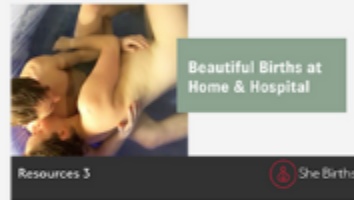
Resources 1 


BIRTH STORY VIDEOS: See how couples utilised She Births® tools & principals to make birth a loving, connected experience, no matter what unfolds.



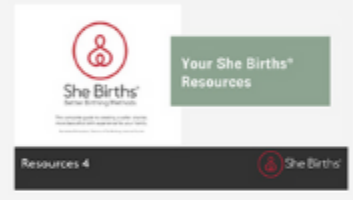
Resources 2 


VISUALISATIONS: Giving the body 20 minutes of deep rest every day is essential when preparing for birth. Experience your relaxation process.



Resources 3 

BEAUTIFUL BIRTHS AT HOME & HOSPITAL: An invaluable insight into the birthing process. See how these couples made their births work for them in different environments.




Resources 4 

YOUR SHE BIRTHS® RESOURCES: Created by The Birthing Institute as a visual guide, cheat sheet & reference book to explore a deeper philosophy of birth.


BONUS RESOURCES



Resources 5 


BREASTFEEDING RESOURCES: Starting breastfeeding with good attachment lays the foundation for an easier journey together. Resources courtesy of The Birthing Institute affiliates.



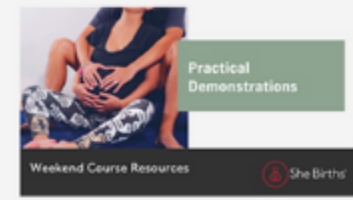
Resources 6 

BONUS RESOURCES: Gain a deeper insight into acupressure techniques & effectiveness, check out Active Birth Manifesto & prepare your pelvic floor for birth.



Forums 

FORUMS: Exclusive chat with founder, Nadine Richardson, covering all the curly topics. Includes expert interviews covering physiotherapy, naturopathy, nutrition & more.



Weekend Course Resources 

PRACTICAL DEMONSTRATIONS: Watch how it's done with demonstration videos on breathing techniques, active birth positions, yoga, massage and acupressure points.