

## Blissful Birthing: Prenatal and Active Birth Workshop with Eva and Dru

### Prenatal and Active Birth Workshop

**Date:** 24<sup>th</sup> March 2012

**Time:** 12:30PM - 3:00PM

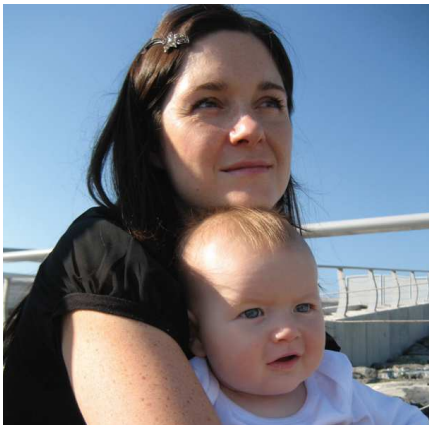
**Location:** DMC Studio

**Cost:** AED 130.00

#### Scope of the Workshop:

- 🧘 Prenatal Yoga Session with Eva
- 🧘 Active Birth and Labour Session with Eva and Dru
- 🧘 Presentation with Dru
- 🧘 Questions and Answers

This practical workshop will show you how prenatal yoga can help you prepare for the birthing process and how to cope with labour and birth with less reliance on drugs. You will have a chance to explore a variety of positions, movement, breathing, and other strategies that can help you cope with contractions. You will also learn about how fear affects labour and uterine muscles, the part the baby plays in its own birth, and how to support your body's process and work with whatever the journey brings to you.



**Eva** is a certified yoga and pre- and postnatal yoga teacher and has been teaching prenatal yoga since March 2008. Over the years, she has gained huge respect for the abilities of the female body and developed a real passion for teaching mums-to-be. Eva's prenatal yoga classes are dynamic and flowing, while allowing time for relaxation. Yoga helped Eva to stay fit and feel energized throughout her pregnancy and to cope with delivery and she is devoted to helping expecting mothers find the beauty of yoga and to experience its positive effects during their pregnancy and beyond.

**Dru** is a Senior Midwife at Health Bay Polyclinic in Umm Suqeim 2, Dubai and an experienced midwife. She completed her midwifery training in the United Kingdom in 2001 and has extensive experience in antenatal, labour/birth and postnatal care. Dru's philosophy is for the promotion of normality and natural approach to birth, encompassing holistic midwifery care. Dru also has a defined interest in active birth, which is as a result of her experience working within midwifery led Birth Centre in London. Dru is also a qualified Lactation Consultant (IBCLC)



**\*All the teachers' proceeds will go to charity**