

Birth is a normal, natural and healthy process



We weave prenatal yoga, movements and positions, holistic medicine, breathing, meditation, and relaxation with Doula training, childbirth experience and childbirth education training. We strive to inspire you to trust your intuition and inner wisdom with strength and peace as you prepare for birth. This class is the perfect hands-on compliment to childbirth education classes. Learn effective methods pregnancy and birthing. Birth Supports partners are welcome and encouraged to attend.



Inspire strength, harmony, determination, confidence and celebration as you prepare for birth.

Movement
Positions
Breathing
Using Gravity
Massage

Acupressure points that support labor
Coping Skills and Techniques

The majority of women can birth without any interventions. We will teach you functional tools to help you prepare your body for birth.



We will explore postures, movements, vocal toning, meditation and breathwork for labor and birthing.



Learn how to use gravity, massage along with acupressure points, coping skills and techniques and methods of birth partner support.

This unique class helps bring awareness and confidence to the birthing process and will give you an education and practical methods that allow 'you to get out of the way and simply birth your baby'

"Pregnancy and childbirth is truly an intuitive and sacred time in a woman's life, which should be honored, validated and respected. Birth must preserve a woman's dignity, and must remain a joyous event with the women feeling in command of herself. I trust our bodies have the ability to birth normally."



Trusting our Own Wisdom to Birth with Intuition,
Practical Preparation and Support



Heather Lee Farrell

is a 500hr-EYT-RYT500 Yoga teacher and Doctor of Oriental Medicine. She has Prenatal Yoga certification (RPYT), Childbirth Educator Training and Doula training. This allows her to bring a multi-faceted approach to instruction.



She has taught Prenatal Yoga teacher trainings, workshops and classes for many years educating yoga teachers and health professionals. She is honored to support that sacred time in a woman and family's life and help bring awareness and confidence to the birthing process. She is thankful for her many teachers and loving family.



Louise Self

is a mother of two boys, A Doula for 4 years with a strong passion for birth, pregnancy, and children.



After Nannying for many years, Louise is fondly known as the "baby whisperer". She continues to expand on her knowledge, deepening her intuition and wisdom through "Birthing From Within", whilst also working on her certification as a childbirth educator. Louise is also currently studying Midwifery, with future plans of owning her own home birth practice.

Partner Support
Holistic health and birthing tips
Using a birth ball or other support
Gain awareness and confidence in your ability to birth
Breathing, relaxation and meditation techniques
How to use your energy