“Mind in Labour” Weekend Workshop
Mindfulness-Based Childbirth and Parenting (MBCP)
For Pregnant Women and Partners
and Perinatal Professionals
27th- 29th January 2017
With
Eluned Gold and Jane Gerlach

Venue: Room 5, John Turner Education Centre, Warwick Hospital, Lakin Road, Warwick, CV3 5BW
Dates Times: Fri January 27th 18.00 –21.00 & Sat January 28th 9:30 - 16:30
Sun January 29th 9.30 –14.00 Pregnant women/Partners 9.30 – 17.00 For Professionals

Often one of the greatest challenges of childbirth is learning how to work with pain, fear or anxiety. Learning how to work with these challenges can make a huge difference to labour and birth experiences. Mindfulness meditation is increasingly being used as way of managing pain, reducing stress and fear and has the potential to reduce the risk of postpartum depression and increase ‘availability’ of attention for their baby, for parents preparing for childbirth.

This antenatal mindfulness workshop is an opportunity to learn to develop skills in mindfulness as a way of working with birth experiences. It aims to offer experiential learning for women, their partners and for health professionals.

The skills taught in the workshop are drawn from ‘Mindful Birthing’ developed by Nancy Bardacke and will be new to both expectant couples and health professionals. The workshop will be facilitated by Eluned Gold and Jane Gerlach who are experienced Mindfulness Teachers. Jane Gerlach, has been a midwife for 35 years and is currently practicing with a group of three other midwives doing prenatal care, in hospital birth, including waterbirth and VBAC. She has taught MBCP for 7 yrs. Eluned Gold teaches and trains mindfulness teaching at Centre for Mindfulness Research and Practice Bangor and has trained to teach the MBCP programme.

The workshop aims are to provide an introduction to mindfulness as a way of:

- Accessing deep physical and mental relaxation
- Learning to engage the mind to work with pain during labour
- Increasing confidence and courage for the experience of labour and birth
- Developing skills for managing stress in pregnancy, parenting and daily life
- Enhancing partner communication skills
- Becoming more aware of our own approach to parenting

Any Questions contact 01248 382458
Couples £200 (including 1 book per couple).
Professionals £315
Couples please register for this workshop at http://www.bangor.ac.uk/mindfulness/regform.php?id=714
Professionals please register at http://www.bangor.ac.uk/mindfulness/regform.php?id=715

Further information on mindful birthing can be found at:
http://www.mindfulbirthing.org/
http://www.oxfordmindfulness.org/
http://www.bangor.ac.uk/mindfulness
Contact Number: 01248 382458