



# BIRTHING FROM WITHIN- Winter Childbirth Classes

Thank you for your interest in Birthing From Within, a program for first-time parents. This 6-session class and will be offered on **Thursday evenings from 6:30 to 8:30 at our Grace Farm campus in East Montpelier**. Each week couples begin class sharing conversation and practices that build upon one another to develop self-awareness of each parent's distinctive capabilities and sensitivities. Class then continues with a "Main Dish" such as Physiology of Labor, Being Strong in Active Labor, Post-Partum Preparation, and other themes designed partly upon the questions and needs of the group. We will conclude with a self-reflective artistic activity. Space is limited to six families, so early registration is recommended.

**Winter 2019-2020 Dates: December 12 and 19, January 9, 16, 23, and 30.**

Childbirth is the ultimate rite of passage, a journey of many heroes. At each birth, a constellation of heroes and heroines come into being for the first time; a baby births into being alongside two newborn parents, perhaps a newborn sibling. Each and all begin a life long journey of profound relationship.

Marianne Donahue Perchlik is a member of the Early Childhood faculty at the Orchard Valley Waldorf School where she leads the Morning Garden Parent Child class at Grace Farm and holds the Apple Blossom classroom at the Child's Garden. Marianne is also a Birthing From Within Childbirth mentor, doula and Simplicity Parenting Coach and has been mentoring families in their childbirth year since 2006 offering courses for first time parents, Birthing Again workshops for families expecting another child, and Birth Healing practices and support throughout Central Vermont.

Deadline to register is December 1, 2019. In order to reserve a spot, return the registration form below with payment.

### Registration for Birthing From Within

**Session:** Winter 2019-2020  
**Dates:** Thursdays, 12/12, 12/19, 1/9, 1/16, 1/23, 1/30  
**Cost:** \$275

\*\*\*\*\*

Anticipated date of birth: \_\_\_\_\_ Care Provider at Birth: \_\_\_\_\_  
Parent/Guardian(s): \_\_\_\_\_  
Address: \_\_\_\_\_  
Town, State, Zip: \_\_\_\_\_  
Best phone number: \_\_\_\_\_  
email: \_\_\_\_\_

— DEADLINE TO REGISTER IS DECEMBER 1, 2019 —

**Please return form and payment to OVWS, 2290 Route 14-North, East Montpelier, VT 05651**