



Presents

# A Taste of BIRTHING FROM WITHIN®

## *Demonstration Childbirth Class for Expectant Parents*

Based on the groundbreaking book of the same name.

What do **YOU** need to know to give birth?  
How will you cope with the intensity and surprises of labor and parenting?

We invite you to participate in a two-hour BIRTHING FROM WITHIN childbirth class, as a part of a demonstration within a workshop for birth professionals. You will work directly with Virginia Bobro, Certified BIRTHING FROM WITHIN Mentor and Facilitator.

This childbirth class introduces you to BIRTHING FROM WITHIN pain-coping practices and offers opportunities for you to learn from unique and interesting processes and discussions. This is wonderful way to supplement classes you may already be taking, or to find out more about BIRTHING FROM WITHIN's dynamic and compassionate approach to childbirth preparation.



**Saturday, March 13, 2010**

**10:00 a.m. to noon**

Vivace Studio

219A Jane Street

Toronto, Ontario Canada M6S3Z3

Phone: 416-762-9100

\$25 per couple

For more information or to register, contact us at: [contact@birthingfromwithin.com](mailto:contact@birthingfromwithin.com) or 805.964.6611

You can also register online at <http://www.BirthingFromWithin.com>

Local contacts: Amanda Spakawski, 416-722-3814, [amanda@thenestingplace.ca](mailto:amanda@thenestingplace.ca) or

Shanta Brownridge, 647-454-PUSH (7874), [shanta@pushdoulaservices.com](mailto:shanta@pushdoulaservices.com)

For information about Birthing From Within, visit us at: <http://www.BirthingFromWithin.com>