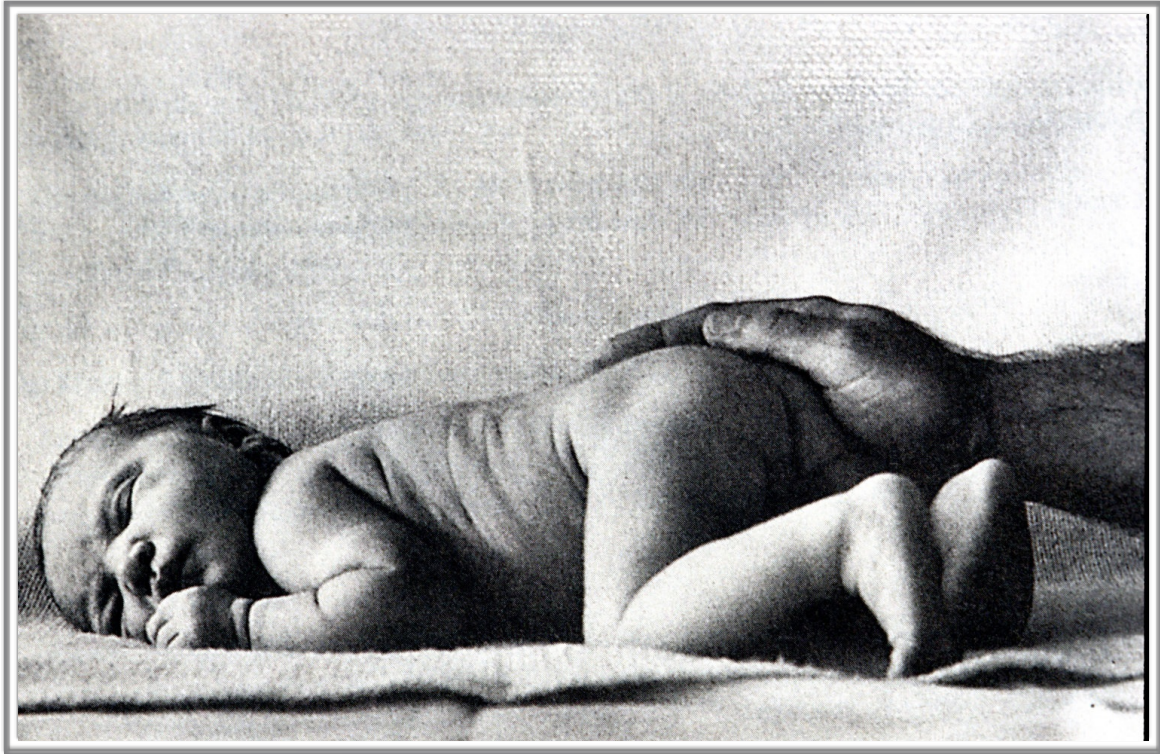


# Antenatal Classes



Spring 2013

Claudia Kaiser, Midwife

Centro Naturavid, El Colorado, Conil



# Hello Everyone who is going to have a baby soon !



your first baby or another one coming...

Pregnancy is the time to get started as a family!

In this practical, interactive course you can get orientation about pregnancy care, the best options to give birth (in the area ). How to have a normal birth, whenever possible. Because it is the safest. How can the father help effectively. What a newborn baby really needs, what bonding is all about, how to get support from the maternity staff or from your midwife.

Preparation classes are not so much about teaching or learning on a mental level,

They are rather about getting back in touch with our intuition, with confidence in ourselves, in our capacity to give birth. We can go through this natural process receiving powerful transformation. We need to understand the emotional and sexual dimension of childbirth. Not only a baby but also a mother, a father, a family is born.

Find out about your power and wisdom to give birth and nurture your baby, about breastfeeding and postpartum care . Classes are held in small groups and each session has an exercise, talk and relaxation part.

Come and meet others who are on the same "journey". Share your experience!

**When** : Saturday 9<sup>th</sup> and 23<sup>rd</sup> of March from 10 - 14 h

The first part will be about birth, the second about breastfeeding and postpartum.

**Where** : Centro Naturavid, El Colorado. Easy arrival and parking.

Please check [www.naturavid.com](http://www.naturavid.com) to find out how to get there.

The **cost** for the complete course is 120 € for the couple

( You may also come with someone else who is involved in your pregnancy, or on your own. The group will give you company.

Please bring comfortable **clothes**. Snack and tea will be served.

Please call for signing up, for further information, if you have any questions:  
Claudia Kaiser, Midwife. 956 44 29 88 and 625 891 573

[www.claudiakaiser.es](http://www.claudiakaiser.es) , email: [matrona@claudiakaiser.es](mailto:matrona@claudiakaiser.es)

Telephone at Naturavid: 956 445239

👑 Looking forward to meeting you! 👑

*Claudia*