**10% Early Bird Discount until August 5.** 

Friday, Sept. 9 Through Sunday, Sept. 11

# THE MIND IN LABOR Working with Pain IN Childbirth

Will you be in your third trimester this fall? Consider the **Mind in Labor** workshop as a time to look deeply at pain and fear in childbirth and to cultivate present moment awareness for meeting whatever childbirth experience might unfold.

The workshop is an excellent complement to any childbirth education class, including refresher classes. It can also be helpful for those who anticipate a birth experience requiring special medical attention or for those who have had a previous difficult birth experience.

Dr. Larissa Duncan is hosting this Mind in Labor weekend workshop with Nancy Bardacke, CNM, author of **Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond.** In this workshop we will:

- Practice mindfulness and its applications for working with pain and fear during labor
- Understand the mind/body connection in childbirth and how mindful awareness can be a critical element in facilitating the birth process
- Experience using the breath as an anchor to the present moment for maintaining the optimal physiology for childbirth
- Tap into inner reservoirs of strength, confidence and courage
- Learn how to be fully present to give comfort and support as a birth partner
- Begin or deepen an understanding of the power of mindfulness—moment-tomoment awareness—for the challenges of birthing and parenting

# Schedule:

Fri. Sept. 9: 6:45 pm-9:45 pm Sat. Sept. 10: 9:30 am-4:30 pm Sun. Sept. 11: 10:00 am-5:00 pm

### Cost:

**\$150 per person** (for each pregnant woman) Discount for couples **(\$275 for two people)** Healthy, hot lunches included Sat. and Sun. for \$25 per person.

# Location:

Holy Wisdom Monastery 4200 County Road, Middleton, WI Questions: Libby Bestul (lbestul@wisc.edu) 608-262-2611

\*We encourage pregnant participants to attend with a co-parenting partner, friend, family member, doula, or other adult companion. Sorry, no childcare is available for this workshop.

#### Mindful Birthing book and guided meditation audio files included!



Nancy Bardacke, CNM, MA, midwife, mindfulness teacher and founder of the MBCP program has been assisting birthing families for more than 4 decades. She is currently the Director of the MBCP Program at the UCSF Osher Center for Integrative Medicine.



Nancy's book, **Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond,** received the 2014 Book of the Year Award from the American College of Nurse-Midwives.

