

MINDFULNESS-BASED CHILDBIRTH AND PARENTING

AN INTRODUCTORY WORKSHOP FOR HEALTH PROFESSIONALS



Mindfulness-Based Childbirth and Parenting (MBCP) is a unique childbirth education program designed to teach expectant parents the life skill of mindfulness for addressing the stress, pain and fear that are often a normal part of the profound journey through pregnancy and childbirth — and to have these skills in place for attuned parenting from the moments of birth.

Teaching mindfulness skills during pregnancy enhances the potential for a healthy gestation, a positive childbirth experience and sows the seeds for parenting the next generation with greater awareness, kindness, connectedness, and care.

Healthcare professionals and expectant couples will be in the workshop together from Friday evening through Sunday afternoon so that all can experience first-hand the meditation practices, including mind/body pain practices, as they are taught in the MBCP classroom.

Dinner on Friday evening before the workshop and the Monday morning session will be a time for professionals only. On Monday, Dr. Larissa Duncan, UW-Madison, Associate Professor, Human Development and Family Studies, will share the latest research on MBCP.

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.



Cost:

Professionals: \$450

UW-Madison or UW Health Professionals: \$325

UW-Extension employees (use Extension email address to register);

Students / Trainees (proof of student/trainee status required) \$175

Early Bird 10% discount (register by July 27)

Schedule:

Friday, Sept. 9: 5:15 pm–9:45 pm (Training introduction at dinner on Friday prior to arrival of expectant parents.)

Saturday, Sept. 10: 9:30 am–4:30 pm

Sunday, Sept. 11: 10:00 am–5:00 pm

Monday, Sept. 12: 9 am–12:30pm

Location:

Friday—Sunday: Holy Wisdom Monastery
4200 County Road, Middleton, WI

Monday: UW-Madison, School of Human Ecology, 1300 Linden Dr., Madison, WI

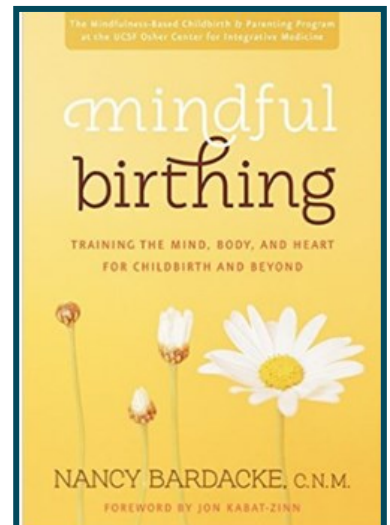
Register Online:

<http://go.wisc.edu/dj0o5g>

By phone: 608-262-2451 **Questions:** Libby (lbestul@wisc.edu) 608-262-2611



Mindful Birthing book and guided meditation audio files included!



**FRIDAY, SEPT. 9
THROUGH
MONDAY, SEPT. 12**