



www.BirthingHandsDC.com

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Birthing Hands of DC SM offers a full range of birthing care and related services to women preparing for birth and motherhood.

We offer English and Spanish speaking certified doulas and midwife birth assistants serving the Washington metro area in hospital, birth-center and home birth settings.

We follow time-honored traditions of total birthing care, coupled with sound medical protocols.

Our caring team of professionals ensures that all women and families receive the highest quality of available birthing options that meet their wellness, lifestyle and cultural preferences as a precious new life is brought into the world.

We sponsor workshops, classes and special events on issues of interest to soon-to-be expectant mothers, expectant mothers, mothers, birth care service providers and the local birthing community.

Birthing Hands of DC Presents

"Gentle Touch Massage Techniques for 3rd Trimester Pregnancy and Labor"

Instructor: Therese Robinson, CMT, Esalen CMT, CR,
International Massage Association (IMA) and Esalen Massage &
Bodywork Association (EMBA) member

Saturday, May 31, 2008

11:00 a.m. - 1:30 p.m.

Emergency Community Arts Collective
733 Euclid Street, NW
(Near Howard Univ. and Benjamin Banneker High School)
Washington, DC 20001

www.ecacollective.org

Who Should Attend?

Class will be of special interest to expectant parents. Doulas, midwife birth assistants, massage therapists, and other birth care service professionals are welcome.

What Will Be Covered?

Class will cover massage techniques that can provide comfort and support to women through the last trimester of pregnancy and improve the progress of labor. Learn ways to loosen the uterus points with reflexology, relieve pressure and discomfort with counter pressure on the lower back, gluteal and sacral areas. Learn massage techniques for active and transitional stages of labor. Class includes hands-on demonstrations and practice. This class will be very beneficial for labor coaches!

Topics include:

- * Using reflexology counter pressures
- * Resting positions
- * Hand strokes
- * Psychological/emotional causes of physical tension and what you can do to assist in releasing it

Therese Robinson is certified in reflexology and LaStone Therapy, having studied with LaStone founder, Mary Nelson. She received a full scholarship to Esalen Institute in Big Sur, CA and studied prenatal/labor massage with the creator of *Nurturing the Mother*, Claire Marie Miller. Therese is an ALACE trained labor doula and ICTC-trained labor doula/birth companion, and serves as a member of CAPPA's Operation Special Delivery.

**Registration Fee: \$40.00 for one;
\$70.00 for a couple**
At The Door Fee: \$45.00 and \$80.00

Register @

<http://birthinghandsdc-0508gentletouch.eventbrite.com>

Space is Limited. Early Registration Recommended.

**A Certificate of Attendance will be presented for use
with ALACE and ICTC CEUs.**