



www.BirthingHandsDC.com

(202) 236-1764

info@BirthingHandsDC.com

We offer:

- Certified birth doulas for home, birth center, and hospital births
- Postpartum assistance
- Private and group childbirth classes
- Breastfeeding instruction and support
- Prenatal, postpartum and infant massage
- Supplemental prenatal and postpartum services
- Aqua Doula™ tub rental
- Workshops and classes for birth professionals, parents and expectant parents.

Our caring team of English and Spanish speaking birthing professionals ensures that our clients receive the highest quality of available birthing options to meet a woman's wellness, lifestyle and cultural preferences.

Call or email us to learn more about our birth care services.

Birthing Hands of DC Presents

"Yoga for the Childbearing Year: Breastfeeding as Meditation"

Instructor: Nikki Plaskett, CYT, Doula, LLLBC

Sunday June 13, 2010

6:00 PM – 7:30 PM

Emergence 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: breastfeeding or pregnant mothers, childbirth educators, doulas, lactation consultants, pediatric and obstetric healthcare professionals and prenatal and postpartum yoga teachers. Nursing children welcome.

What Will Be Covered?

Class will cover yoga and meditation techniques appropriate for the childbearing year and the art of breastfeeding. Special emphasis will be placed on a yoga practice in support of breastfeeding.

Description:

Class will teach the fundamentals of developing a yoga practice relative to the journey of Motherhood. Breastfeeding is selfless service, a special time in a woman's life when she is in the grace of the universe being her authentic self. This class will explore the meditative depths women achieve as Divine Mothers. Many of us face the obstacle of ignorance when seeking breastfeeding support. The arms of information will be shared to defeat these obstacles.

Discussion topics include: breast anatomy, physiology of breastfeeding, benefits of breastfeeding, breastfeeding holds and positions, breastfeeding and siblings.

What to bring

Yoga mat, pillows for nursing support (boppy), baby/doll/teddy bear.

Nikki T. Plaskett aka **Siri Swami Kaur** is the director of Birthing Bliss Perinatal Services and mother of 2 sons Noble and Royal Marshall. After leaving Washington DC and spending 2 years in the Virgin Islands, Nikki and her family recently moved to Senegal for over 8 months. She will be in Washington for only about one week before returning to the Virgin Islands to resume her birth work as a breastfeeding counselor, childbirth educator and doula. Her dynamic workshops meld trainings as a certified yoga teacher in Vinyasa, Kundalini and Khalsa Way Pregnancy Yoga, Healthy Moms Perinatal Fitness Instructor and Prenatal Thai Massage.

Registration Fee: \$30.00; \$35.00 at the door

Register @

<http://birthinghandsdc-yoga-bf.eventbrite.com>

Space is Limited. Early Registration Recommended.

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