

PATANJALI'S PLACE

a community yoga place



Childbirth Education

Thursdays, 7 – 9 pm for 8 weeks
starting January 14, 2010

Teacher: Erin Luben

Cost: \$120 (includes breastfeeding and
infant care)

Childbirth Education: This 8 week series will be based on the Lamaze Philosophy that pregnancy and birth are normal, natural and healthy life stages. The goal of this series is to empower couples to make informed choices about the birth of their children, assume responsibility for the health of their family and to trust their inner wisdom. Participants will explore their own values, dreams and fears around birth and will learn relaxation and pain management techniques.



Erin Luben, MPH, CD(DONA) has always had an interest in birth, babies and families. As a Peace Corps volunteer in Honduras, she provided training to traditional birth attendants. She received a MPH in International Health from Tulane University. She is a DONA certified birth doula, and has assisted more than 30 families in the birth of their babies. She is also a local La Leche League Leader and a Lamaze-trained Childbirth Educator.