

*Fine Spirit Studio presents...*

# Couples Birth Preparation Workshop with Diane Fine

September 16<sup>th</sup> or November 18<sup>th</sup> 1:00-4:15

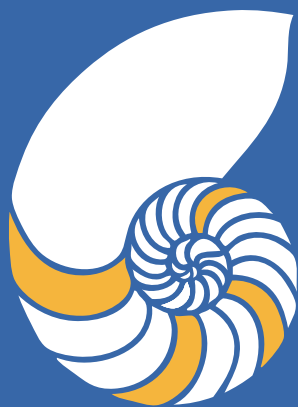


**\$60 per couple**

**An opportunity for couples** (or the pregnant woman with another member of her birth team) **to focus on and prepare for the approaching birth.**

**This practical workshop will address questions such as:**  
*“Okay, contractions are starting—now what do I do?”*  
*“What do I do with my body?”*  
*“What do I do with my mind?”*

Couples will practice a variety of positions that can be used during contractions, between contractions, and during delivery. Partners learn tips for what they can do throughout the birth process to be as prepared and empowered as possible.



*Fine  
Spirit  
Studio*

Life through the language of yoga & dance

**201 Dey Street**

In the heart of Fall Creek  
(above Hickey's Music)

**More info**

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