Couples Birthing Workshop

with Jayme Hernandez over 20 years of experience, mother of two children.

The Intention of this workshop is for mom, baby and partner to birth together as a family, in confidence, presence, and knowledge.

Families will learn how to stay in sync with each other through:

Positive communication through touch and voice.

Voice vibration, using the vibration of our voice to stay focused and open.

Breathing, how to continuously come back to the present moment.

Postures for mom and baby to birth together in your most effective way.

Body instinct, learning to let go of expectation and allow the body and baby to birth themselves.

Promoting our bodies natural hormones that help birth your baby.

A general overview of the hospital experience and medical options.

Creating intention shifting away from fear through positive perspective and knowledge.

Transitioning from autonomy to parenthood.

Learning how to be a parent. The one thing your baby wants is for you to be in their presence.

Classes are held monthly Sunday 10am -2pm please call to reserve for the next workshop

$225 private
$185 group rate
per couple, no tax

(514) 261-YOGA

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