



POSTNATAL SUPPORT TRAINING

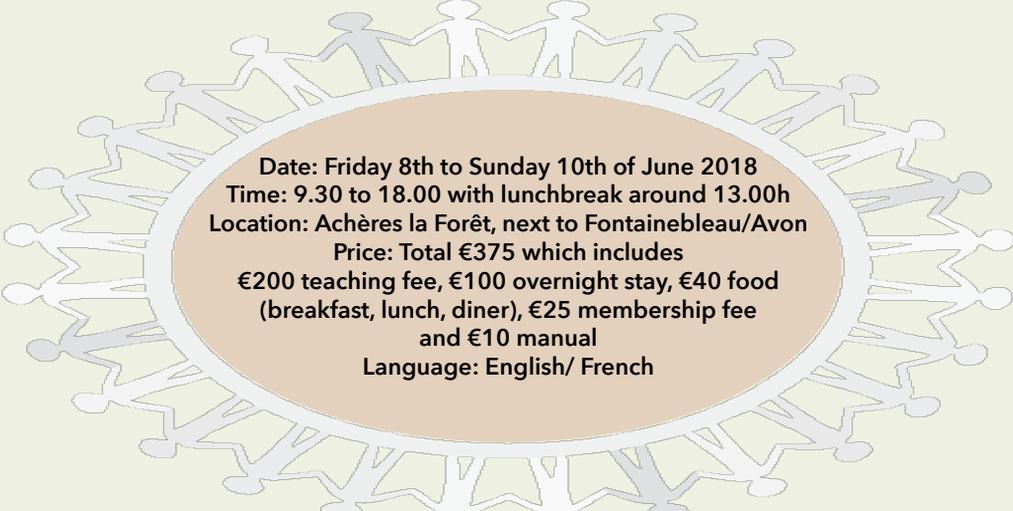
MOTHERING THE MOTHER

8TH - 10TH OF JUNE 2018, PARIS
FRANCE

A three-day course based on ancient traditions that will give you the knowledge and practical skills to support a mother and family after the birth of a child.



Being born and giving birth are two of the most impactful events in our lifetime. To gracefully make this transition the mother and family need to be cared for in the first 4 to 6 weeks of their new life together. A stress free start will give each mother, partner and their newborn baby a chance for a truly harmonious start in life. It will impact the future well-being of individuals, family relations and ultimately contribute to peace and balance in society and humanity.



Date: Friday 8th to Sunday 10th of June 2018
Time: 9.30 to 18.00 with lunchbreak around 13.00h
Location: Achères la Forêt, next to Fontainebleau/Avon
Price: Total €375 which includes
€200 teaching fee, €100 overnight stay, €40 food
(breakfast, lunch, diner), €25 membership fee
and €10 manual
Language: English/ French

The training will teach the following subjects:

- The reasons for postnatal support and the duration of 40 days
- Physiology and emotional needs and care
- Healing cooking and recipes
- Postpartum techniques such as belly binding, postnatal rituals, bed sharing, massage and baby bundling
- Attitude of service and communication skills

For whom?

The training is set up for anyone (male and female) who is interested to make an important difference for young families. Health workers, doulas, yoga teachers, family members of a mother-to-be, nurses, midwives and others who are inspired to learn more about the techniques and would like to serve.

Trainer

Satya Kaur was born in Lisbon but lived most of her life in London in the heart of the Sikh community. She is co-founder and director of the International Karam Kriya School (UK), of the Ashram Quinta do Rajo (Portugal), The Mother's Journey Project and the Post Natal Support Network. She was a midwife for 9 years and currently shares her knowledge of yoga and maternity through The Mother's Journey. She has been teaching Kundalini Yoga, as taught by Yogi Bhajan, for 30 years and currently trains teachers at Levels I and II. Satya is the author of "Yoga, Kundalini & Eu" a Portuguese yoga manual published in March, 2011. She is also a Myth-a-Drama practitioner and lead Red Tents and travels and teaches extensively throughout Europe.

Dates and prices

The price of the three day training is €375 including overnight stay, manual, (vegetarian) lunch made by our own chef, snacks and beverages. Other investments you will need to make are for your transportation to the training location in Achères la Forêt. To receive your postnatal doula certification you will have to complete a two week volunteering period to support a family. This can be done in a location of your own choosing.



For more detailed information please take a look at the training information on our website. Information and registration, contact coordinator of the French Postnatal Support Network Laurelene Chambonet via laurelene.chambonet@gmail.com.