



# POSTNATAL SUPPORT TRAINING

MOTHERING THE MOTHER

23TH - 25TH OF NOVEMBER 2018, EINDHOVEN  
THE NETHERLANDS

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 23th to Sunday 25th of November 2018

**Time:** 9.30 to 18.00 with lunchbreak around 13.00h

**Location:** Geldrop, 10 min out of Eindhoven and  
near train station

**Price:** €375 (€350 training fee, €25 membership fee)

**Language:** English

(Dutch translation is available upon request)

## **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.

## **Trainers**

Siri Amrit Khalsa (The Netherlands) grew up between Amsterdam, the Alps in the South of France and India. She has been a birth doula since 2008 and has deepened her doula skills with trainings from JJ Doula Training, TCM practitioner Jacky Bloemraad- de Boer, Ina-May Gaskin (Pioneer midwife and author), Debra Pascali-Bonaro (Doula trainer, Film-maker Orgasmic Birth), Barbara Harper (Water Birth International) and her own wise mother Gurujagat Kaur (Yoga Doula School). In 2012, she found joy with Dancing for Birth from founder Stephanie Larson and became a Certified Instructor. She is married and has three children - Two boys (2006 and 2011) and a girl (2015).

Ingrid Bal (The Netherlands) is kundalini yoga teacher, postnatal doula and PSN coordinator in the Netherlands. She gives training in postpartum care and teaches yoga in her local village Geldrop. Her experience and skills have been formed by being a mother of two boys, as a yoga teacher and her previous jobs as director of the PSN charity, in corporate business and hospitality. She is a passionate gardener and grows her own herbs that support womens' health and in particular postpartum mothers.

## **Dates and prices**

The price of the three day training is €375 including manual, (vegetarian) lunch, snacks and beverages. Other investments you will need to make are for your transportation, lodging and dinners. 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 Ingrid Bal, [info@ingridbal.com](mailto:info@ingridbal.com) or via +31 6 23014283.

The Nederlandse Beroepsvereniging voor Doula's (NBvD) acknowledges this training by appointing 12 creditpoints. In addition their members receive a 5%

### **About the Postnatal Support Network**

The Postnatal Support Network (PSN) addresses the importance of a well-prepared and relaxing postnatal period. It is an international organization with a non-medical and social network, informing families-to-be about this special and delicate time after birth. PSN coordinates the demand and response of trained support via a web based service. It provides training for those interested in becoming postnatal 'helpers' - carers who can give holistic support during the postnatal period.