

Osteopathic Workshop

For Pregnancy & Childbirth

Presented by Osteopath KYLIE STRAIN

Education & advice to help you achieve a more comfortable pregnancy and natural birth

AT
Hills Yoga

Workshops 12.00pm to 2.00pm

Sunday 9th March

Sunday 6th July

Sunday 30th November

COST: \$40.00

(HILLS YOGA students: \$30.00)

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PAYMENT: Prepay at Hills Yoga or Pay on day – CASH ONLY

Facilitator: Kylie attended PowerBirth® for her 2 pregnancies and it is with great pleasure that I welcome her as a regular workshop presenter at Hills Yoga. Kylie specialises in Osteopathy in the Cranial field (OCF) and has a lot of experience treating babies and children using OCF. Treating this way allows her to gently yet profoundly treat all those head moulding problems which commonly arise from birth, such as suckling difficulties and colic. Other children's problems such as behavioural difficulties, ear infections and bed wetting can also benefit from Osteopathic treatment.

See next page for workshop program

About the Workshop

Osteopathic treatment during pregnancy aims to ensure correct movement of the low back, pelvis and thorax to create adequate space for your growing baby.

This workshop will show you how to prevent and manage discomfort that develops throughout pregnancy and will discuss difficult birth presentations and birthing positions that aid delivery as well as those to avoid.

Pregnancy & Birth

- Back pain, sciatica & other conditions experienced during pregnancy and post-natally
- Varicose veins, haemorrhoids, cramping
- Best birthing positions for mum & baby
- Ways to avoid caesar, episiotomy, forceps/suction delivery