

Anna Verwaal

Birth

WORKSHOPS



Conscious Conception for Fertility Practitioners and Couples

24th April 2015

Imagine you are a soul, waiting and wanting to be born...

How would you like your parents to prepare for your arrival and welcome you?

A dynamic day for fertility practitioners and couples who like to learn how to give their future baby the best possible start in life.

This is more than a fertility workshop. Anna will share the latest information in Epigenetic Science and Pre and Perinatal Psychology and Health and explain how our own conception, prenatal

period and birth experience might still affect us today and how unresolved pre and perinatal imprints can cause difficulty conceiving and affect the way we will give birth.

It also offers a complete preparation program for therapists that covers working through loss and trauma, and how to help couples optimally prepare for the conception and birth experience on a physical, psychological, emotional and spiritual level.

WORKSHOP TOPICS:

- Cellular memory of the conception, womb and birth experience
- Emotional, physical and medical events that affect the foetus later in life

- How our earliest imprints shape our beliefs and show up in our lives (IVF, surrogacy, adoption, twins, induction, vacuum, C/S, premature birth, incubator stay, etc.)

- Possible causes for unexplained infertility your doctor does not know
- How to heal a grieving womb; recovering from an abortion, a failed IVF attempt, miscarriage or stillbirth
- The vital role men play in shaping their baby's intelligence and lifelong wellbeing
- How to connect, listen and communicate with the baby long before birth
- How to give a baby the inheritance of a life-time

Healing from Conception, Womb and Birth Related Imprints and Trauma

25th April 2015

What happens between the moment we are conceived through birth is a foundational experience that is replayed throughout life. Unresolved traumatic imprints can affect us from infancy through old age.

Understanding and intergrating these imprints becomes a powerful aid to improving outcomes in all areas of our lives, physical, mental, emotional, relational and spiritual. Anna will open up new doors for you as a practitioner and support your clients like never before.

WORKSHOP TOPICS:

- Recognize your conception, womb and birth imprints and the connection to your present day life
- Realize how these early imprints affect your personal and professional relationships
- Help clients deal with their pre and perinatal imprints and recognize 'red flags' before, during or after birth
- Explore how to see difficult prenatal and birth experiences as a conduit for healing

and soul growth

- Learn how to become a 'conscious conception, birth and postpartum care provider' and include your client's psychological, emotional and spiritual issues in the care you provide
- Dealing with post-partum issues, breastfeeding problems and how to read a new-born's clues
- Experience how a care-provider/patient or doula/client relationship can become a grounding force in your mutual awakening



ANNA VERWAAL

The Hormonal Physiology of Childbirth, Breastfeeding & Bonding

26th April 2015

Based on the latest research in hormonal physiology this workshop is for anyone who works with childbearing women or wants to become a parent. It is guaranteed to leave the participants with a much deeper understanding and a profound respect of how 'Mother Nature' intended childbirth to be for women, babies and our society.

WORKSHOP TOPICS:

- The role of labour hormones during every stage of labour and birth
- The effect of these hormones on the

mother and baby before, during & after birth

- Cord procedures, placental resuscitation and lotus birth
- The effects of routine medical hospital procedures and obstetrical drugs on hormonal physiology
- Long-term effects of this interference on mother, baby and society
- The role birth plays in autism, asthma and autoimmune disease
- How to prepare for an undisturbed physiological birth experience personally and/or professionally?

One/two day fee £120 per day

All three days £320

Couples one/two day fee £200

Couples all 3 days £485

Early bird £99

Early bird £270

Early bird £160

Early bird £450

To book for these unique workshops

Call Jane 07811 480261

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www.tobeborn.co.uk



To be Born

Fertility, Pregnancy,
Birth, Baby and Parenting

Anna Verwaal, RN, CLE

Maternal Child Health Nurse, Int'l Lecturer, & Workshop Facilitator

Founder of From Womb to World www.fromwombtoworld.com

Anna's Ted talk www.youtube.com/watch?v=bZ6gLGcy84o