

Birth & Beyond Event

Positive Birth & Postnatal Prep Day

- 9.45 Registration - Tea & Coffee**
- 10.00 Welcome & Introductions**
- 10.15 Bernie Creaner - Liffey Doulas**
"Mindset & Your Positive Birth"
- 10.45 Niamh Kenny - Womens Health Physio**
"I never knew there was a physio for that"
- 11.15 Break**
- 11.30 Mairead Murphy - Lactation Consultant**
"Your Best Start to Breastfeeding"
- 12.00 Denise Lawless - Obus Aromatherapist**
Aromatheraphy for Pregnancy & Beyond
- 12.30 Birth Affirmations Activity**
- 1.00 Afternoon Tea**
- 2.00 Maggie Lawler – Womens Fitness Coach**
- 2.30 Nadia Conroy – Dancing for Birth Demo**
- 3.00 Tricia Nugent – Babywearing Consultant**
Benefits of Using a Sling with your Baby
- 3.30 Break**
- 3.45 Jenny Smee – Liffey Doulas**
Preparing for Yours & Babys Best Postnatal
- 4.15 Introduction to Mindfulness**
- 4.45 Close**

15th April 2018
Celbridge Manor Hotel
www.liffeydoulas.ie

