



Honoring *The Sacred Feminine Path* in a Woman's life

“Pregnancy – The Inner Journey”

A workshop with Jane Hardwicke Collings, Midwife and author of “Ten Moons - The Inner Journey of Pregnancy, Preparation For Natural Birth” at **East Kangaloon, Bowral area, Southern Highlands NSW**
March 28, 29, 30, 2012. 930am - 5pm



The workshop is open to women – pregnant, planning to be pregnant, mothers, doulas, midwives and doctors. Using ritual and art to compliment information sharing we delve into understanding our fears and why we think and act the way we do. We explore the inner journey of pregnancy and come to know ourselves more fully through this process, preparing for birth and mothering from our most tuned-in and empowered centre. We look deeply at the sexuality and spirituality of pregnancy, birth and mothering, learning meditation, tools for labour and beautiful rituals to perform to honour pregnancy, birth and mothering.

Mother of 4, Maggie: This workshop was truly the beginning of a journey that was totally life changing for me. An incredibly empowering experience for me and ultimately my birth.

First time Mother, Heidi: As a first time mum, I found the pregnancy workshop invaluable for educating me on what to expect my body would do and this really helped me through the birthing process. It took the unknown aspects out and demystified labour so that when things happened I felt like I was on the right path and getting closer to the end result of having my baby in my arms.

One of the most profound things that I got from the workshop was that labour was a team effort, a dance between myself and my baby. After one of the meditations where I travelled to meet my baby I felt such a sense of team effort in the birthing process that was to come. Before the workshop, when my fears came up I had felt very lonely and like I had to do this all on my own so it was a huge breakthrough for me. I carried this feeling of togetherness through the birth.

Doula, Trisha: Sitting in a sacred space with women for three days was a truly beautiful experience. Jane's workshop affirmed and empowered my knowledge and practices as a doula, and gave me so much practical and spiritual information that continues to enhance my life as a mother.



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