

AN 8-WEEK PROGRAM FOR EXPECTING PARENTS

Giving birth and becoming a parent is one of the most transformative experiences of our lives. This program is designed to help you train the mind, body and heart for childbirth and beyond.

Join Dr. Kim on a journey into finding presence – finding breath, finding awareness, finding the heart – in how we engage with ourselves, our pregnancy and baby-to-be, our partners and all others.

This program will help parents-to-be cultivate lifelong practices for healthy living and wise parenting.

Dr. Kim is a Level 2 certified instructor of MBCP

VIRTUAL MEETINGS

On 8 Sundays in March & April 9-11am MST

With In-Person Retreat

April 10, 2022

9am-3pm

2800 Folsom St. Boulder CO 80304

CONTACT

Dr. Jenny Kim (Obstetrician/Gynecologist)
(303) 990-4899 | modernmindmd@gmail.com
www.modernmindwomenshealth.com

MBCP

MINDFULNESS BASED CHILDBIRTH AND PARENTING

Comprehensive Childbirth Education with
Formal Meditation Instruction

Based on *Mindful Birthing* by Nancy Bardacke

CLASS CONTENT



CHILDBIRTH

The physiology of childbirth from a mind/body perspective

Partner Support skills and communication exercises



MEDITATION/MINDFULNESS

Weekly formal instruction of meditation and movement practices

Practices for working with pain



POSTPARTUM

The social/emotional needs of a newborn; Breastfeeding; Postpartum Mood

Perspectives on a birth plan that are sure to prevail

MAKE IT YOURS

Order a copy of *Mindful Birthing* by Nancy Bardacke and begin your journey. MBCP is taught internationally, exclusively by certified instructors

- **COST**
\$500/couple
- **SPACE IS LIMITED**

Registration is open to those with due date of May 2022 and beyond

“It’s not just a birth class, it’s a life class.”

- Erin Hermke -

MBCP Participant, 2018