



2hr workshop \$30

Think, feel, eat, & move well.

Positive communication-affirmations-relaxation
wellness remedies-nutrition-movement-resources
Prepare for an AMAZING birth: Birth Boot Camp classes
Includes: beautiful 15 pg guidebook
Register for another class and take \$25 off



6- 2.5hr sessions \$200

Confident, informed, prepared, & supported.

Connections-common tests-due dates-induction-common sense comfort
measures- epidural- endorphins-body wisdom-labor and birth map and
detours-unnecesarean vs cesarean birth-positions-pushing-positive
communication-doulas-affirmations-relaxation-positions for smooth
birth-pushing-placentas-post birth-videos-visuals-games & more!
Includes: Gorgeous 50 pg guidebook



3hr workshop \$100

Advanced relaxation, comfort measures, & tips

Moms and partners will LOVE this laughter and learning lineup.
Prepare for the hard work of labor with hands-on teaching and lots of practice,
practice, practice. This is a great class for anyone who learns through doing. I
bring 10 years of personal and professional experience helping turn labor pain
into power through doula tips. You will come out of this class believing that
BIRTH skills are LIFE skills.

Not a replacement for but a great addition to childbirth class
Includes: 2 guidebooks (130 pgs you won't want to leave home without)



Hectic schedule? Bedrest?
When life happens, enroll online.
<https://tinyurl.com/janineheinckerbirthbootcamp>
Enter: Janine Heincker for referral
Code: UBIRTH25 to save \$25



634 SW Mulvane, Topeka KS

Janine Heincker
Certified Instructor & Doula
785.249.3058