

# Magnolia BabyMoon Inspiring, Educational Retreat: Prepare for your Birth with Pleasure

August 21-24, 2020

## Retreat Schedule

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### Arrival Friday, August 21, 2020

6:30 PM: Dinner

7:30 PM: Introductions

8:00 PM: Outdoor Movie Night (indoor if weather doesn't permit)

### Saturday, August 22

7:00 AM: Optional prenatal yoga - partners welcome

8:15 AM: Delicious, nourishing breakfast

9:00 AM: Announcements and overview of the day

9:30 AM - 12:30 PM:

Stages and Phases of labor and birth:

With fun games and discussions, Debra will guide you to understand the process and joys of childbirth with [Lamaze's 6 Steps to a Healthy Birth](#) Practices.

The Hormonal Physiology of Birth:

Your hormones adapt and flow with your feelings of safety, privacy, and by releasing and addressing fears. You will create a list of oxytocin enhancers to help your hormones to flow. We will discuss how your emotions are an essential key to labor with tools to help you to create more ease in your labor and birth.

The Language of Birth

The words we use can create pleasure and open you or sadly create tension, closing your body and leading to pain. You will create your own language for a gentle pleasurable birth.

12:30 PM - 2:00 PM: Nourishing Lunch and Relaxing Swim

2:00 PM - 5:00 PM:

Pleasure and Comfort Measures for Labor and Birth

Our modern society puts an overemphasis on pain in birth instead of learning about how to move from pain to power with pleasure. Our unique sessions will guide you to use pleasure and find comfort

with positions, acupressure, touch, breathe, affirmations, rebozo, water and more. Come prepared to dance and have fun with your partner as you explore all the ways you can move through labor to help your baby find the easiest path for birth. You'll leave with a treasure chest of secrets for a gentle pleasurable birth. With your newfound knowledge, you'll be ready to stand up for your birth, using gravity and movement to find more comfort and pleasure.

5:00 PM - 6:30 PM: Enjoy your free time by exploring nature, walking, reading, writing, or resting.

6:30 PM - 8:00 PM: Dinner with your newfound friends!

8:00 PM - 9:30 PM: Beautiful Henna Belly Painting

## **Sunday, August 23, 2020**

7:00 AM: Optional prenatal yoga - partners welcome

8:15 AM: Delicious, nourishing breakfast

9:00 AM: Announcements and overview of the day

9:30 AM - 12:30 PM:

### **The Options of Birth**

We will explore the options available to you in childbirth, discussing the benefits, risks, and alternatives so that you will be prepared to be an active participant, making informed decisions for yourself and your baby when technology or belly-birth if needed. You will learn how to close the hormonal gaps and birth gently with love in every situation. Respectful care is an essential human right in childbirth, and by understanding your choices, your rights and learning simple techniques you will be prepared to navigate health care decisions for yourself and your baby for years to come.

12:30 PM - 2:00 PM: Nourishing Lunch and Relaxing Swim

2:00 PM - 5:00 PM:

### **Birth is Sexual!**

We will discuss the sexuality of childbirth, and how including your sexuality can change or enhance all you have learned, your birth preferences and desires.

### **Doulas: Continuous Companionship in Childbirth**

Learn how a doula will add to your privacy and safety, and support you in having an extraordinary birth.

### **Birth Preferences**

Through games and private discussions with your partner, you will have time for intimate discussions and together you will create your birth preferences and feel ready to communicate them to your birth team.

5:00 PM - 6:30 PM: Enjoy your free time by exploring nature, walking, reading, writing, or resting.

6:30 PM - 8:00 PM: Dinner with your newfound friends!

8:00 PM - 9:30 PM: Massages and/or Movies!

## **Departure, Monday, August 24th, 2020**

Good morning: Sleep in and relax

8:15 AM: Breakfast

9:00 AM - 11:30 AM:

Questions & Answers

Bring all your questions that have been stirring and together we will do one last review and practice of comfort and pleasure.

The First Golden Hour

Learn about placentas and the many options you have in your first hour with your newborn. We will discuss the science and importance of skin to skin, breastfeeding and the power of our postpartum hormones to fall in love, deepening your connection to your partner as well as setting the stage for a lifetime of love with your baby(s)

Closing and Community

Creating our online community to continue the deep connections we have made so that together we can support each other on the path to parenthood.