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Birthing From Within prepares and supports you in your growth as a birth professional, helping to integrate your past, present, and future in birth work. Our training programs serve as a catalyst for personal growth, creativity, confidence, knowledge, and broader awareness of all that occurs in the childbearing year.

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The Birthing From Within programs all have their roots in the original book written by Pam England in 1998. Pam's philosophy and approach to childbirth preparation and support has evolved over the years, and she continues to write new books that document her dynamic and ever-expanding perspective.

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While a Birthing From Within class does cover all the same core information you would find in any prenatal class, our goal is to provide you with something more offering a blend of information and practical tools together with a deeper sense of personal preparation for birth and new parenthood. This is childbirth preparation for your heart and mind.

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Pain is an inevitable part of childbirth but Birthing From Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover.

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Pregnancy, birth, and postpartum is a process of continuous learning and adjustment; Birthing From Within provides the necessary support and education to make each phase of birthing a rewarding experience.

[Birthing from Within: An Extra-Ordinary Guide to ...](#)

Birthing From Within is a holistic approach to childbirth. It explores the birth process as an experience of self-discovery, rather than a medical event. Exercises and activities such as journal writing, meditation and painting will help mothers-to-be analyze their thoughts and face their fears.

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[The Birthing From Within Holistic Sphere : A Conceptual ...](#)

The Birthing From Within Holistic Sphere is a model for childbirth class curricula that encourages freedom and creativity in the teaching process while promoting the expansion of childbirth education into wider and deeper areas of learning (England & Horowitz, 1998).

[Birthing from Within: An Extra-Ordinary Guide to ...](#)

As a birthing partner, reading "Birthing From Within" is both really helpful and odd. The odd part is all of the art activities around the expression of the pregnancy experience. You don't have to be an artist to participate and there IS something relevant to art tapping into the subconscious and the nonlogical yet real feelings a person may feel so there is value in doing the exercises.

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The Birthing From Within classes and 4-hour workshops offer you a soulful and holistic approach to birth preparation that integrates both kinds of knowing. These classes/workshops prepare you to birth-in-awareness whether you are birthing at home or hospital.

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Birthing From Within is a wonderful class to take and the book is great, too! The human body is equipped for natural labor. Women have been doing it for thousands of years! To Birth from Within is to really connect with every aspect of the birth process. It helps you understand what's to come and you'll learn more about yourself in the process. Every couple should take this

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Birthing from Within classes are designed to be a place

where parents can safely explore, ask questions, try something new, move through the unfamiliar, and tap into the inner resources they already possess for birth.