

## **Birth Works® International** *Antenatal & Childbirth Education for Couples*

**Surviving & Celebrating Your Pregnancy, Labor & Newborn Baby!**



Cristin Melissa Tighe, MEM, MA,  
CD/PCD(DONA), RYT-500, founded  
Conscious Empowered Birth  
[www.consciousempoweredbirth.com](http://www.consciousempoweredbirth.com).

She is a certified birth and postpartum doula, a childbirth educator and yoga teacher/trainer for babies, children, adults and pregnant women. She owned Spiral Flight, Washington, DC's oldest yoga and wellness center for five years and has Master degrees from Yale University and Johns Hopkins University focused on international health. She is from the U.S. and lived two years in Brussels, where her daughter was born. During that time, she was a Brussels Childbirth Trust Early Days Supporter and Group Leader. Cristin recently moved to Accra, Ghana in West Africa, where she is the Birth Works® International Ambassador for Africa.

You can email questions to [cristin@consciousempoweredbirth.com](mailto:cristin@consciousempoweredbirth.com).

Provides all women, and birth companions, the emotional, physical and spiritual preparation for labor to be safer and more comfortable.

*In this innovative, dynamic & experiential course you learn...*

- Ⓢ Comfort measures and positions for labor
- Ⓢ Pelvic bodywork in relation to childbirth
- Ⓢ Labor privacy, pain, and vocalization
- Ⓢ Identifying feelings and beliefs, shifting to those conducive to positive birthing
- Ⓢ Birth place (hospital, home or birth center), birth planning, vaginal birth after cesarean
- Ⓢ Wise management of the benefits and risks of interventions
- Ⓢ Grieving and healing
- Ⓢ Understanding influence of mind and emotions on physical body
- Ⓢ The concept of healthy pain, conscious birthing and birth visualization

*... and much more!*

Birth Works® embodies the philosophy of developing a woman's self-confidence, trust, and faith in her ability to give birth. It recognizes there is no right way to labor or give birth, and key is choosing a birth place that feels safest to you. We believe that:

*\* Birth is instinctive and that women's bodies are designed to give birth.*

*\* The knowledge about how to give birth is born within every woman: women do not need to be taught how to give birth but rather to have more trust and faith in their own body knowledge.*

*\* Integration of the mind, body, and spirit is essential when giving birth.*

**Wednesdays, 5, 12 & 19 May 7:30-9:45pm &**

**Sunday 9 May 9am-12:30pm & 2-5:30pm**

*Tuition per couple €185 early discount, if paid by 5 May; €225 after*

Register: [www.consciousempoweredbirth.com/birthworksinternational.html](http://www.consciousempoweredbirth.com/birthworksinternational.html)

*Please reach Cristin with questions: [cristin@consciousempoweredbirth.com](mailto:cristin@consciousempoweredbirth.com)*

Location: Serendip Spa, Place Stéphanie 18, 1050 Elsene (near Avenue Louise)

