



# Creating the Birth You Want *with* Nancy Beyda

**Sunday  
October 17  
1:30pm -  
4:30 pm**



Begin your journey into parenthood aware of all your options and how the choices you make during pregnancy will affect your childbirth and early parenting experiences. A pre-natal yoga teacher, childbirth educator, labor doula, and mother of three, Nancy Beyda will provide parents-to-be with practical information on how to achieve the birthing experience you want. Having assisted in hundreds of births, she will also share proven ways to comfort the mother and help reduce her pain and stress during labor. Learn massage, acupressure, yoga and meditation techniques that will connect you to the part of yourself that knows how to give birth. Discover how to develop your intuition and trust for each other and the child growing within you.

*Nancy Beyda has a decade of experience working with birthing women as a doula and childbirth educator and she is certified as a Khalsa Way Prenatal Yoga instructor. Nancy has experience attending hundreds of births, which give her a special awareness of what women need to get in touch with that part of themselves that knows how to birth their baby.*

**\$60 per couple  
(\$70/day of);  
\$40 per single  
(\$45/day of)**



**GOLDEN BRIDGE**  
6322 DeLongpre Ave.  
323.936.4172