

Creating the Birth You Want

Sunday
September 25
2:00 - 5:00

Pre-Registration:

\$40 per couple

\$30 per single

Day-of Registration:

\$50 per couple

\$35 per single



Nancy Beyda has a decade of experience working with birthing women as a doula

and childbirth educator and is certified as a Khalsa Way Prenatal Yoga Instructor.



Cheri Masek has been a birth doula since 2000 is also a certified

“Bringing Baby Home” educator.



Joni Lucarelli has been a birth doula since 2007. She will share with you

the benefits of encapsulating your placenta.

with Nancy Beyda, Cheri Masek & Joni Lucarelli

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 prenatal 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.

And, have you been hearing a lot of talk about doulas, but aren't sure what they do or if hiring a doula is right for you? Joining us will be experienced doulas Cheri Masek and Joni Lucarelli to answer your questions like...

- * *What is a doula and why would I want one?*
- * *What if I already have a husband or partner who plans to be actively involved?*
- * *Do I need a doula if I plan to have an epidural?*
- * *How do I find the right doula for me?*

Between them, Nancy, Cheri and Joni have attended hundreds of births, which give them a special awareness of what women need to help them get in touch with that part of themselves that knows instinctively how to birth their baby.

GOLDEN BRIDGE
1357 North Highland
Los Angeles, CA 90028
323.936.4172

www.goldenbridgeyoga.com