

# Birth Art Cafe™ Training 2012



*“The Birth Art Café is a really good idea and good luck with it... Creative activities of these kinds will be of special help to any woman who has had a traumatic birth experience or who is anxious about birth” -  
Sheila Kitzinger*



[www.birthartcafe.co.uk](http://www.birthartcafe.co.uk)

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The Birth Art Café™ is a new concept in enriching the experience of preparing for childbirth and motherhood. Participants are encouraged to explore the motherhood journey through relaxation and creativity in order to connect with their intuition and inner wisdom. Participants find it takes them to a completely different level of empowerment and perspective which is only possible when the rational thinking brain is given a back seat.

#### Day 1: Introduction to the Birth Art Café™

For those wanting to know more about the Birth Art Café™, Day1 will give the participants insight into the reasons for using art during pregnancy and mother with babes-in-arms phase and how it can make a difference in the unfoldment of pregnancy and birth, and also the ease of transition into motherhood.

#### Days 2 and 3: Birth Art Café™ Facilitation Training

For those wanting to run a Birth Art Café™, there will be training in how to set up the Birth Art Café™ from a practical, inner and personal perspective. The training is very much hands on and experiential giving the participants the tools and confidence necessary to set up and run a Birth Art Café™. For many participants this training is also a personal journey of transformation.



*No art experience needed*

#### Dates

Day 1: Monday 6th February 2012

Day 2: Monday 19th March 2012

Day 3: Monday 7th May 2012

#### Cost

Cost of 3 day course: £297 paid before 1/12/11 or £317  
paid before 15/1/11 or £337 thereafter

Cost of 1 day course: £127

Cost of days 2 and 3 (if booked on or after day 1): £247

Pay online here: [www.hertsholistichealth.co.uk/shop](http://www.hertsholistichealth.co.uk/shop)

## Details

Day 1



- Introductions
- Learn about the Birth Art Café™ – What and Why?
- Case studies
- Testimonial from previous participant
- Experience a Birth Art Café™ session
- Right brain – left brain methods of learning
- Connecting with inner wisdom

Home Study



Before attending days 2 and 3 the home study and journal must be completed. It includes the following:

- Reading list completed and reviewed
- Run a Birth Art Café™ session and write about it (before day 2 and before day 3)
- Reflections through writing and art on your training journey
- Exploring your personal journey through art and meditation

Days 2 and 3



- Each participant to present a Birth Art Café™ session to the other participants
- Break down components of the Birth Art Café™ and learn about each in more detail
- Discussion and Troubleshooting
- Practical preparation for setting up, marketing, hosting and running Birth Art Café™ sessions

*"As we twelve shared and learnt and laboured together, I felt such a sense of ancient wisdom and connection flowing between us. Each tear & giggle brought us closer together and closer to the 'birth'. I 'birthed' a new me during our meditation, when my heart opened, and I heard and knew that all I had to do was accept myself as perfect for that moment.... The magic rose from within in and shone... I felt honoured and blessed to be part of this training and know that it will impact my clients as strongly as it has done me."*



## Your Trainer - Tamara Donn

Through training as an antenatal teacher with Birthing From Within I was introduced to birth art. Wanting to support women throughout their pregnancy and beyond, I set up the Birth Art Cafe™ - a weekly workshop for women to explore their rite of passage into motherhood through relaxation and creativity.

Presentations include Birthlight Conference, Cambridge, Association for Pre & Perinatal Psychology & Health Congress in Los Angeles,

Womb To World Conference at Imperial College, London, Childbirth: Belief in Action, Kent University and Association of Radical Midwives Annual Conference

My desire is to re-awaken women's inner wisdom within all mothers (to-be) and to empower them to truly trust themselves, listen to their hearts and to honour the journey through their rite of passage into motherhood however it unfolds.

Although conventional childbirth education has an important role in helping women make important choices and decisions, it is not the left, rational, logical side of the brain that actually gives birth. By actively participating in creative processes, women (and partners) have the opportunity to connect to their creative, instinctual right side of the brain

For more details:

Call Tamara on 01923 260050

or

Email Tamara on [info@womantomother.co.uk](mailto:info@womantomother.co.uk)

To book a space on the Birth Art Cafe™ Training:

Pay online on [www.hertsholistichealth.co.uk/shop](http://www.hertsholistichealth.co.uk/shop)

Location:

Love Lane Healing Space, 2 Love Lane, Kings Langley, Herts WD4 9HN  
(5 min from J20 of M25/ 30 min from Euston by train plus taxi)