

An inspiring weekend  
for pregnant women/couples to explore their  
inner wisdom and to feel relaxed and confident about giving birth

# awaken your BIRTH power

Retreat Weekend  
St. Clements Retreat Centre, Galong, NSW



Birth can be challenging and frightening, but it can also be one of the most powerful and deeply fulfilling experiences of your life.

You DO have everything you need within you to meet the challenges of birth and to feel satisfied and empowered. We give you the tools to realize this yourself.



Price  
**\$600**

Includes accommodation and all meals and activities from Friday night to Sunday afternoon.

Early-bird discount  
**\$550**

2008: July 25-27  
October 24-26  
2009: February 13-15  
May 29-31  
August 7-9  
October 23-25

Couples discount  
**\$900**

Visit our website or call 02-63833553

Retreat based on the highly acclaimed 25 Ways to Awaken Your Birth Power book/CD set that has been called "addictive" by women and "invaluable" by childbirth professionals.

Many women emerge from birth feeling joyous, fulfilled and with greater confidence in their capabilities. You can be one of these women...

At the Birth Power Retreat Weekend, you will learn that women who birth in their power:

Approach birth in diverse and wonderful ways. There is no one right way. Take this opportunity to explore what feels right for you and your baby.

Go deep within themselves. Birth is primarily a right-brained, subconscious process. Through activities based on our bestselling book and CD, like meditation, visualization, art and creativity, yoga, mindfulness, honouring your emotions and following your intuition, you will learn to go to that place within yourself where women access their natural birth wisdom.

Understand the powerful body-mind connection. Stress and fear are the antagonists to a healthy birth. Come explore your fears and learn to trust yourself, your body and the birth process.

Feel connected. To themselves, their baby, their inner wisdom, other women and to the mother within. Come feel heard, honoured and nurtured and take the time to connect deeply during this pregnancy.



Give yourself and your baby the gift of this positive, inspirational weekend. What could be more important?

“I feel more at peace that the birth will be a glorious experience.”



The weekend is held at the beautiful and peaceful St. Clements Retreat Centre which is situated among the rolling hills 3 kms from the village of Galong on the south western slopes of NSW. Approx. 3 ½ hrs west of Sydney, 1 ½ hrs north of Canberra

\*You may come at any stage in your pregnancy and husbands, partners and birth support people are most welcome.

Register now at [www.awakenyourbirthpower.com](http://www.awakenyourbirthpower.com) or call 02-63833553. Numbers strictly limited to 20!

We extend an invitation to childbirth professionals who would like to experience the retreat, learning fresh ideas for working with women creatively and intuitively!