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Traverse the Labor Land Program 18hrs+

Ideal in late second or early third trimester

Price: 18000/- or 2 payments of 9.5k , biweekly wef 10March'25

16 hrs over 6 weeks

USD prices

Price: 202.90\$- or 2 payments of 107.08\$, biweekly wef 10March'25

Pain is not supposed to be suffering during birth, you can aim for a blissful birth with the real tools, pre-build a postnatal support system and have a contented breastfeeding experience!

	"The idea is to prepare you to navigate labor pain so you feel confident to birth on your own and establish breastfeeding without stress. Can't wait to begin the work with you!	

	Every session is 1.5 to 2 hours long.(1.5 hrs to 2 hrs). Partner presence is crucial. There are demonstrations and you perform them in the class.	
	Labor - Physiology Anatomy Pain and natural relieving methods Labor and events after and its impact on the baby Breastfeeding and Postnatal Care (4sess)	8hrs
	Details:	
1	How does body go into Labor	
2	Early Signs of Labor	
3	How does Labor unfold	
4	How contractions feel like	
5	Processing Mind and Fear in Birth	
6	Physiology and anatomy of birth	
7	How to work with contractions and ease out the pain	
8	Massages and Natural techniques to relieve pain	
9	Prepping the partner to be your birth support	
10	Understanding interventions (routine hospital treatments) that interfere with natural labor	
11	Preparation to birth naturally	
12	Affirmations and Hypnobirthing	
13	Understanding Various use cases and scenarios of birth to know your normal.	
14	Warning Signs for a Home Birth/Birth Center or Hospital Birth	
15	Labor and Breastfeeding connection and its impact on the baby	
16	Understanding Birth Emergencies and working with it	
	Breastfeeding Basics	2
1	Initiating Breastfeeding Well	
2	Breast Anatomy	
3	Latching the baby appropriately	
4	Different positions for Breastfeeding	

5	Working with normal newborn breastfeeding issues and solving them yourself.	
6	Low Milk Supply and the reality	
7	Assessing Early Breastfeeding Issues yourself (Breast pain, nipple pain, clogging and more)	
8	Assessing Baby is Getting Enough	
	BONUS for private candidates worth 4000/-	
1	1 week of postnatal on call/message support	
2	15% off on two postnatal sessions - Code will be sent after registration	
	Details of postnatal sessions available will be sent along the course	
	Included	
1	Resources to study on a self paced path.	
2	Use cases to navigate the hospital scenarios/home/hospital birth scenarios to have a birth you desire.	
3	Handouts / Digital copies of the highlights of the programs.	
4	Complete Whatsapp/ on call support throughout the pregnancy	