Thank you for your interest in prenatal and parenting preparation sessions. Please find below details about the Relax, Stretch and Breathe sessions and the Preparing for Parenthood sessions, plus the registration form to register for either or both types of sessions.

**Relax, Stretch and Breathe/ Yoga for Pregnancy classes:**

**every Tuesday evening face to face at Kindermusik Studio, 2nd floor, Leimgrubenweg 9, 4053 Basel 30 CHF per session, or six class pass for 165 CHF**

**every Wednesday evening on Zoom, 18.15-20.00 15 CHF per session**

The classes are suitable for all pregnant women from 12 weeks gestation. Each session starts with a 30-45 minute prenatal class, either discussing a particular topic or with general question and answers. We then have 75-90 minutes of breathing techniques, gentle yoga moves, meditation and relaxation techniques, specially chosen to be useful in pregnancy, birth and postnatal life.

These classes are for women only and use gentle yoga based exercises and stretches to prepare women for birth. We also focus on breathing exercises, relaxations and positions for labour. The aim for these classes is for you to have an enjoyable and relaxing time, whilst improving your physical and emotional well being and preparing yourselves well for a positive birth experience.

For those of you who are already mothers, the class is a time to relax, concentrate on the new baby and think about your wishes for this birth. For first time mothers there will be lots of practical information, opportunity to meet others and ask questions.

Each session cost **30 CHF** or you can buy a six class pass for **165 CHF**, valid for all of your pregnancy (so you don’t have to attend six sessions in a row). Receipts are available on request, for your insurance company. Once you enrol (by completing and returning the form below) you will receive a weekly email, offering you the chance to reserve a place in that week’s class or you can book a block of classes in advance.

**Preparing for Parenthood:**

These courses for couples (or either parent on their own) give you information, resources and time to plan and prepare for the sort of birth and early parenting time that feels right for your family. Content includes:

Normal process of birth for mothers, partners and babies

Breathing, relaxation and physical skills to support birth

Pain management and different types of births (eg caesarean, induction, ventouse)

Postnatal care and support for the whole family

Baby feeding, including when going back to work

Practical baby care, such as safe sleeping, using baby carriers, colic etc

Resources and support (ongoing) for healthy, happy family life

Courses run every month, please see <http://www.mignonbaby.com> for upcoming dates and full details about the scope of the course, including RSB sessions, MBY sessions and postnatal session. Courses cost **365 CHF for BCT members and 385 CHF for non members. NB course run on Zoom costs 300CHF**

The classes are held in the **Kindermusik studio** in Dreispitz at

**Leimgrubenweg 9 (second floor)**

**4053 Basel**

This building is easily identifiable as the ground floor is occupied by STEG computers. There is a multi-storey car park alongside the building. Please use doors C or D into the building.

For directions and tram and bus stops please see

<http://www.mignonbaby.com/course-dates-registration-forms-and-important-details/important-practical-details/>

I look forward to seeing you in classes soon, but in the meantime if you have any questions please don’t hesitate to contact me. You might also like to join the FB group for class participants <https://www.facebook.com/groups/MignonBaby/>

With best regards

Susie Atkinson

Mignon: supporting birth and parenting

Antenatal, RSB, Mother and Baby Yoga and Baby Signing classes

[www.mignonbaby.com](http://www.mignonbaby.com)



Name of mother:

Name of partner (if applicable):

Email:

Contact number:

Estimated due date:

Chosen course(s):

BCT member:

Planned place of birth (if chosen yet):

Obstetrician/gynaecologist/midwife:

Is this your first birth?

Do you have any specific health issues with this pregnancy? Please provide details

Do you have any worries or fears about these classes or any comments that may be helpful to me when teaching you?

*In completing and returning this form you are accepting that these courses do not provide individual medical information or care, and you remain responsible for your own healthcare and well being and for the decisions you make as you become parents. Susie Atkinson and the BCT can accept no responsibility for any outcomes from the course or during your birth or parenting experiences. Any medical questions or concerns you have should be addressed to your doctor. I am happy that you provide me with information about prenatal and postnatal activities now and in the future, and I understand that you will not share my contact information with anyone else, without my consent.*

*For full details of all classes and services available please see* ***www.mignonbaby.com***

*Susie Atkinson +33 (0)6 48 26 29 12* [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com)

Services and Liability

If you choose to enrol in classes please noe the following information below. This comes into effect when you confirm by email that you wish to attend a specific course, and is not binding until that point.

Please read the following information.

**Service provided by the childbirth educator:**

* The appropriate hours of childbirth education related to the series for which you have enrolled.
* Information on nutrition, exercise, stages and phases of labor, comfort measures, interventions, medications, caesarean birth, newborn appearance, postpartum and breastfeeding.
* While every effort is made to place you in a group with other women due the same time, it is not always possible.
* The childbirth educator will make every effort to attend and will reschedule if a personal emergency situation occurs or due to illness. Rescheduling may occur due to adverse weather conditions.
* The childbirth educator is NOT a physician and will NOT perform any medical or clinical tasks.

**Client Obligations:**

* The client agrees to notify her physician or midwife of her participation in Childbirth classes.
* The client will notify the childbirth instructor of any medical conditions that may limit her abilities to perform certain exercises.
* It is the obligation of the client to inform the childbirth educator if she cannot attend a session. In group classes it is not usually possible to reschedule.
* Payment is required to confirm a place on a specific course
* The client is advised to have appropriate personal insurance

**Liability:**

The client agrees to hold harmless and release from all liability Susie Atkinson from any adverse birth experience or injury. The client understands that pregnancy and childbirth may vary among individuals and therefore the childbirth educator cannot make any guarantees. Also, as with any activity in pregnancy, there is some risk in performing the exercises taught as part of the course.

By returning confirming enrolment in a specific course the client is confirming they have read and agree with these terms and conditions.

**Payment details:**

Via bank transfer

Susannah Atkinson

PostFinance

IBAN: CH98 0900 0000 6103 7146 4

Account number: 61-37146-4