



YOGIS & YOGINIS WORKSHOP

The Cosmic Egg Birth Class

SUNDAYS, September 8, 15, 22 and 29

10:00 AM to 12:30 PM

Cost: \$395 for 4 sessions

This 4-week in-person course teaches you how to use meditation and movement to work with pain, fear, and anxiety in labor. You'll practice coping methods for birth so that you'll have a toolkit of resources to draw upon in labor.

- This is not your typical childbirth class. While you'll learn key information regarding childbirth, this is not an information-heavy class. Instead, we will focus on preparing you for birth at the heart level and boosting your confidence as you embark on this next big chapter.
- This class is also different from other classes in that it's for pregnant people only, with the exception of the third class in the series. At the third class, you'll bring your partner or doula to class to practice receiving support in labor. The other three classes will be just with those who are pregnant. This creates a more intimate dynamic within the group and allows the emphasis to be on the pregnant person's needs.
- You'll get practical, detailed guidance on how meditation can help you in pregnancy and labor. Research on nine-week mindful birthing classes shows participants had decreased anxiety, decreased postpartum depression, and increased likelihood of an unmedicated birth.

The class is taught in person, weekly for four weeks. This means you get more support than you would in a one-day class or a self-paced video class. Pregnancy evolves, and new questions come up as time passes. We meet over four weeks so that you have time to digest information, apply the meditation practices to your life, and receive ongoing support. Each class also functions as protected time in your schedule to focus on the pregnancy, which can be hard to do amidst the busyness of modern life.

- If you've always wanted to have a personal meditation practice, or could use support with one you already have, this class is for you. In this class you'll build a meditation practice over the course of a month, which will continue to serve you long after the class is over.
- Unlike mindfulness courses which focus on meditation only, you will also learn to cultivate a deeper relationship with your body as you prepare for childbirth. In addition to learning mindfulness and childbirth physiology, you'll practice yoga and intuitive movement.

This class is for you regardless of where you plan to give birth, and it's for any type of pain management plan. The ideal timing to take the class is between 26 and 35 weeks of pregnancy. After you enroll, the teacher will reach out to schedule a brief Zoom to meet you and tell you more about the class.

About the Teacher **JANE RICCOBONO**

Jane is a midwife, yoga teacher, and meditation teacher. She has studied birth from many angles—as a doula, educator, midwife, and researcher. She started her birth work as a doula at San Francisco General Hospital. She later became a Certified Nurse Midwife and Women's Health Nurse Practitioner through one of the top midwifery programs in the country, at the University of California, San Francisco. She is also trained in two childbirth education modalities: Mindfulness Based Childbirth and Parenting (MBCP) and Centering Pregnancy. Jane's birth work evolved in tandem with her spiritual practice. She is grateful to have had the opportunity to develop her spiritual path with a number of accomplished teachers in powerful practice settings. Her journey has taken her to the San Francisco Zen Center, Spirit Rock Meditation Center, India, and to becoming a yoga teacher through Prema Yoga Brooklyn. Her own spiritual path informs how she helps you access the transformative and enlivening aspects of pregnancy and birth. Every person and every pregnancy is different. What does this pregnancy have to teach you? <https://www.cosmiceggbirth.com>