



# Pomegranate Seeds

VOLUME I—ISSUE II

JULY—AUGUST 2006

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## BIRTH LOUNGE

### Homebirth Info Night

An Evening featuring  
Kat Montgomery &  
Sarah Juliusson.

July 23, 7-9pm, Pome-  
granate Community  
Midwives

2647 E. Hastings St.

## Our Clinic is Growing...

### Pomegranate welcomes new practitioners this month.

This June, our clinic was joined by Joanne Hum, Registered Massage Therapist, and Gabrielle Steinberg, Registered Traditional Chinese Medicine Practitioner. We are pleased to have them with us and recognize the important role they play in holistic maternity care.



My name is Joanne Hum, Registered Massage Therapist. I studied at the West Coast College of Massage Therapy and as part of the 3 year program was exposed to many interesting areas of practice, including neurological disorders, palliative care, and athletic treatment. During an outreach at BC Women's Hospital, I realized my passion for women's health, and in particular pre and postnatal care. Last year I was able to treat exclusively perinatal patients at Joy Massage Therapy; however, it was through becoming pregnant and giving birth to my son that I have truly been able to empathize with women's concerns around pregnancy, childbirth, and motherhood. I hope that through massage therapy, I can provide women with relief from physical pain and discomfort and also be a source of humor, emotional support, and relevant information. I am absolutely thrilled to be joining Pomegranate Community Midwives Clinic and look forward to meeting you soon.



My passion for the healing arts stems from a core belief that health is a primary source for peace and happiness from the individual to families and to communities and the planet. I have a keen interest in working with people in all life stages from the beginning while in utero and through all of life's transitions and changes. I am certified in acupuncture and Chinese herbal medicine, Craniosacral therapy, Shiatsu, nutrition, Doula work. My diverse knowledge and skills enable me to give each individual the most suitable treatment for his/her condition and needs. I focus on Chinese medicine, either acupuncture or herbs and often incorporate massage, Craniosacral therapy and nutritional advice into the session. I also enjoy working as a doula while incorporating knowledge from all my schooling for a healthy pregnancy and birth.

Please phone the clinic to schedule appointments with Joanne and Gabrielle.



## Pomegranate's 1st Annual Picnic!!

Join us on **Saturday, August 12th at New Brighton Park**. We'll be meeting at the picnic area from **11am to 2pm**. Bring your families, babies, blankets, sunscreen, beach balls, swimsuits, musical instruments or anything else you enjoy. Also, bring a **potluck dish** (such as a main dish, fruit, dessert, beverages snacks etc) to share as well as plates & cutlery for you and yours. We look forward to seeing you all! If it is raining, stay home! We will reschedule a picnic in September if indeed the rain stops the party.

## Mamas in Profile

While attending UBC, Alison Wurts took a five week career building workshop to help pinpoint what she wanted to do with her arts degree. After examining her aptitudes and values regarding work, Alison realized that her view of success had little to do with career milestones but was about building close ties with family and community. "At the end of the five weeks, I knew I wanted to be a mom," Alison laughs. "I dreamt about working from home, raising kids, homeschooling, instead of spending hours away from home, working and commuting."

Seven years later, these dreams are becoming a reality. In September 2005, Alison and her husband Aaron welcomed their son, Rain, a second generation homebirth. With the experience came an idea for a business to help women reclaim birth. **Sweet Home Birth Boxes** sells birthing supplies in kits for families whether they plan a hospital birth or a homebirth. The product line will expand to include breastfeeding supplies and natural baby care. Alison plans to develop the website to be a source of information, education and community; including articles, news, birth announcements and birth stories.

"What I read while I was pregnant with Rain really motivated me to try to make a positive difference in maternity care. Our culture is conditioned to fear the natural process of birth. I want to stay involved in the community and help spread the word about midwifery and homebirth." It hasn't always been easy to juggle being a new mom with being a new entrepreneur. "It takes a little longer to design a website in between nursing, napping, laundry and teething, but I have an amazing support system." Alison is quick to add that the challenge has been worth it: "The journey of learning I started during my pregnancy has only intensified now that I'm a parent. It's great that I can focus on some of my dreams, look forward to being home as my son grows and help families in our community at the same time."

Sweet Home Birth Boxes can be found on the web at [www.sweethomebirth.com](http://www.sweethomebirth.com).



Allison & Rain

### First Birthdays!!

**Ava** - July 4, to Nicole & Jonathan

**Noah** - July 11, to Kathryn & Cole

**Max** - July 18, to Jennifer & Mike

**Moya** - July 21, to Celine & Colin

**Lucy** - July 24, to Sarah & Lorenze

**William** - July 30, to Danielle & James

**Ella** - July 30, to Brook & Matt

**Peter** - August 4, to Angela & Mark

**Shea** - August 5, to Susan & Kevin

**John** - August 11, to Larina & John

**Cassidy** - August 24, to Gaylin & Peter

**Torin** - August 28, to Nicola

**Congratulations!!**

*With so many inspiring women who walk through our doors at Pomegranate, we would like to share some stories of their lives. We wish to introduce just a few of the many women in our community who have welcomed motherhood in innovative and inspirational ways. We would also like to recognize the work that women do both as mothers and as part of the workforce at large.*



## Welcome Babies!

**Zophia**, born May 1, 2006, 3120g to Nicole & Keith

**Sophia Joy**, born May 10, 2006, 4030g to Joy & Richard

**Theo**, born May 11, 2006, 4000g to Karina & Doug

**Jack**, born May 14, 2006, 3840g to Alicia & Mike

**Sahra Dove**, born May 29, 2006, 3460g to Lehe & Jonah

**Tia**, born June 4, 3535g, to Allison & Colin

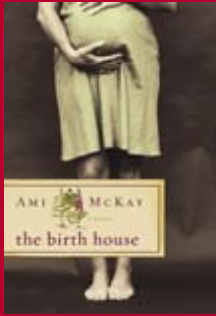
**Elle**, born June 17, 3260g to Debbie & Derek



Janice's Affirmation...

I KNOW I WILL BE A WONDERFUL MOTHER. THE GIFTS I HAVE TO OFFER MY BABY WILL CONTRIBUTE TO HIS/HER WHOLENESS.

"The Canadian novel that knocked the *Da Vinci Code* out of the #1 spot on the Globe and Mail's Bestsellers list!"



"My house became the birth house. That's what the women called it, knocking on the door, ripe with child, water breaking on the porch. First-time mothers full of questions, young girls in trouble, and seasoned women with a brood already at home. (I called those babies 'toesies,' because they were more than their mamas could count on their fingers.) They all came to the house, wailing and keening their babies into the world. I wiped the feverish necks with cool, moist cloths, spooned porridge and hot tea into their tired bodies, talked them back from outside of themselves."

-excerpt from *The Birth House*

## Book Review - The Birth House

by Ami McKay

### *From the Publisher -*

*Tradition clashes with modernity in this unforgettable debut novel, set in a small Nova Scotia village in the early 20th century, that is reminiscent of the works of Annie Proulx and Chris Bohjalian.*

As a child, Dora Rare, the first female in five generations of Rares, is taken under the wing of Miss Babineau, an outspoken Acadian midwife with a gift for storytelling and a kitchen filled with herbs. As she grows into adulthood, Dora becomes Miss Babineau's apprentice, and together the pair help the women of Scots Bay through infertility, difficult labour, breech births, unwanted pregnancies, and even unfulfilling marriages.

But their idyllic community is threatened with the arrival of Gilbert Thomas, a brash medical doctor armed with promised of sterile, painless childbirth. Soon some of the women begin to question the midwives' methods - an uncertainty that erupts in a war of gossip, accusations, and recriminations after a woman dies. Overshadowed by this powerful, determined male doctor, Dora must summon all her strength and wisdom to protect herself and the birthing rituals of her ancestors, and the village she loves.

An enthralling tale with deep resonance for today, *The Birth House* brings to light the struggles women have faced to control their own bodies, and to keep tradition alive in the face of modernity.

### *Lehe's two cents...*

With so many books that "every pregnant woman must read", I found *The Birth House* to be a lovely reprieve from all the do's and don'ts that seemed to bombard me during my pregnancy. I wanted something lovely and sweet, enriching and engaging, appropriate and unimposing; *The Birth House* met my expectations.

As an historical novel, the imagery and visual language is a rich and informative insight into life on the Canadian east coast during the early decades of the 20th century. I enjoyed traveling to this mysterious era, plunging myself into Dora's intimate world - her life as a young woman who accepts (or is thrown into?) the inheritance of midwifery practice from an Acadian, witchy old woman. The reader learns about the hardships she faces and overcomes while upholding values of sisterhood. Her unassuming feminism later becomes analogous to the suffragette movement in New York that she encounters during her flight from Nova Scotia on account of untrue accusations within her community, and we further appreciate how a single woman in a small town can lead her community to an enlightened new age.

There are some good moments in this book and if you need a rest from pregnancy dharma but can't quite veer from the pregnancy path, then this is a sweet read.

# Doulas in Perspective

In 1998, my midwives suggested that I have a Doula present at the birth of my first daughter. As a result I had a wonderful birth experience and soon became a strong advocate for Doulas.

By 1999 I had completed both the **Breastfeeding Counsellor** and **Doula Training** courses at Douglas College and began practising soon thereafter.

Through the years of watching other families grow, so has my own – I am now mother to a stepson and have since given birth to another daughter.

It is a true pleasure for me to help support my family with such a rewarding job.

Jennifer-Lee will be teaching Birthing From Within Classes at Pomegranate this Fall in conjunction with Sarah Juliusson. You can visit her website:

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



Jennifer-Lee  
Koble

## Tea of the Month

### RICH MILK TEA

- 1 part Blessed Thistle
- 2 parts Nettle
- 2 parts Raspberry leaf
- 4 parts Fennel seeds

Use four to six tablespoons of herb mixture per quart of water.

Add herbs to cold water and bring to a slow boil over low heat.

Remove from heat and infuse for twenty minutes.

Strain.

Blessed Thistle is also known as Mother's Milk Thistle. It is widely used for enhancing milk flow as well as dealing with postpartum depression.

[Note: both Parsley and Sage will decrease milk flow, especially if eaten in quantity.]



**Blessed Milk Thistle -**  
*Silybum marianum L*

### Sunbabies!!

With summer in full force, barbecues smoking, beach balls rolling, and outdoor fun a daily event, babies need to be protected from the sun. Here are a few tips to help make sunny days safe:

- **Avoid sunscreen for infants under six months old.** Sunscreen is absorbed through baby's thin skin, and although it hasn't been proven harmful to infants, there simply isn't enough evidence that sunscreen is danger-free for this age group.
- **Make sure baby is covered** with cool clothing to minimize direct contact with the sun. Stay in the shade and get funky sun hats & sunglasses for the whole family. Avoid sun exposure during peak hours.
- **Select a lotion or milky, gel-like product with an SPF between 15 and 30.** Clear alcohol-based products may burn baby's skin.
- **Dab a test dose on a small area of baby's arm** first to see if he/she is sensitive to the sunscreen.
- **Apply generously** to your child's skin, if there are no adverse reactions to the test dose.
- **Apply sunscreen at least 30 minutes before exposure to the sun** to allow adequate time for the sunscreen protection to take effect.
- **Keep baby hydrated.** Your baby may be exclusively nursing or also drinking other liquids; either way, encourage your baby to drink.



## Currents...



### Protect Your Perineum!!

Over the past 25 years, episiotomy rates have been declining, and with that, so has the level of trauma to the perineum and beyond. However, we are still seeing a significant amount of damage to the perineum. According to a study published in *Birth* this month, perineal trauma is largely attributed, among other factors, to Valsalva pushing (aka “purple-pushing” or coached pushing).

Walking through a maternity ward, you can hear the cheerleading song of women being encouraged to “count to 10; hold your breath; and push like hell”. So, besides seeming quite unnatural, what is this doing to our perineums? According to Leah Albers et al, data collected from over 1200 births shows that this method of coached pushing causes more trauma. Their message is a “delivery technique that is unrushed and controlled may help reduce obstetric trauma in normal, spontaneous vaginal births”.

Women and caregivers are highly interested in reducing perineal trauma since there are short-term and long-term consequences, such as blood loss, need for suturing, pain, bowel and/or urinary problems, and sexual discomfort (may be severe and long-lasting). Beyond this, we are repeatedly seeing (from many large studies) that episiotomies should be reserved for emergencies as they markedly increase trauma and long-term problems.

The study further noted that while an unrushed and controlled pushing stage resulted in less perineal trauma, many women still experienced lacerations that were small and did not require suturing.

So, let's take a deep breath, birth our babies gently and hide the scissors!

### Make Your Own Herbal Sitz Bath - From Beth's Herbal Garden

Taking sitz baths after you have your baby can greatly assist your body to heal and recover from childbirth. Your perineum and bottom may be sore, swollen or itchy for the first week or so after birth, especially if you have had a tear, received stitches, or have hemorrhoids. Soaking in an herbal infusion can ease sore perineal muscles, reduce inflammation, prevent infection, and promote circulation and healing. You can gather the ingredients for the following recipe during your pregnancy if you like---it will be one less thing for you to do once your little baby is here and holding much of your attention.



#### Recipe:

Take 3 ounces of the following:

- Uva Ursi
- Comfrey Leaf
- Yarrow Flowers
- Calendula Flowers
- I bag Epsom Salts

Mix the herbs together in a large bowl. You have now made your herbal sitz bath blend. When the herbs are well mixed, place the blend into a jar or well-sealed plastic bag and store in a dark, cool, dry place.

#### Preparing Your Sitz Bath:

Ideally, you will soak in your sitz bath once a day for the first week after your birth, or longer if necessary. You can either soak in your bath tub, or you can actually buy a plastic sitz bath apparatus that will attach to your toilet. The first step will be to prepare your herbal infusion. Place a couple of handfuls of your herbal blend into a pot with a tight fitting lid. A handful is equal to about an ounce. You will need 1 quart of boiled water for every 1 ounce of herb blend used. Pour the appropriate amount of boiled water into the pot (a degree of estimating the quantity is ok). Be sure to replace the lid on the pot. Let the infusion steep for a minimum of half an hour. (Overnight is great). When the infusion is ready, pour it through cheesecloth or a tea strainer. Discard or compost the herbs lovingly. What's left is a rich, green medicinal tea. When you are ready to soak, heat up a few quarts (or more) of the infusion, but **DO NOT ALLOW IT TO COME TO A BOIL**. (The temperature should be quite warm, but not so hot that it would be uncomfortable to sit in). Once it is at the desired temperature, pour the infusion into your bath tub or sitz bath. Add water if necessary to adjust for temperature. Now, add a couple of handfuls of Epsom salt.

Your sitz bath is now ready! Ease your body into the warm water. Feel your muscles relaxing and breathe deeply. Soak for at least 20 minutes if possible, once or twice a day. Take this time for yourself to honor all you are achieving and experiencing as the beautiful mother you are. And enjoy, enjoy, enjoy, the gentle healing that plant medicine can bring.

# Calendar Of Events

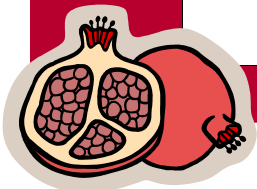
July 2006

| Sun  | Mon   | Tue | Wed  | Thu  | Fri  | Sat   |
|--|---|-----|--|--|--|---|
|  |   |     |  |  |  | 1   |
| 2  | 3<br>No classes!<br>Canada Day  | 4   | 5 *Mothers Unfolding<br>1-2:30<br>*Prenatal Yoga 5:30-7<br>*Mamas Only Post- | 6<br>Birthing From<br>Within<br>Series Ends! | 7  | 8<br>Traditional Chinese<br>Medicine Info Nite<br>6:30-8:30pm |
| 9<br>Munchskins Work-<br>shop 11:30-1pm            | 10 *Mom & Baby<br>Yoga 1-2:30pm<br>*Prenatal Yoga<br>5:45-7:15, 7:40-9:10 | 11  | 12 *Prenatal Yoga<br>5:30-7pm<br>*Mamas Only Post-<br>natal Yoga 7:30-9      | 13   | 14   | 15  |
| 16<br>Birthing Again<br>9am-4pm                    | 17 *Mom & Baby<br>Yoga 1-2:30pm<br>*Prenatal Yoga<br>5:45-7:15, 7:40-9:10 | 18  | 19 *Prenatal Yoga<br>5:30-7pm<br>*Mamas Only Post-<br>natal Yoga 7:30-9      | 20   | 21   | 22  |
| 23<br>Homebirth Info Nite<br>7-9pm                 | 24 *Mom & Baby<br>Yoga 1-2:30pm<br>*Prenatal Yoga<br>5:45-7:15, 7:40-9:10 | 25  | 26 *Prenatal Yoga<br>5:30-7pm<br>*Mamas Only Post-<br>natal Yoga 7:30-9      | 27   | 28<br>Birthing From<br>Within Weekend<br>Intensive | 29<br>Birthing From<br>Within Weekend<br>Intensive            |
| 30<br>Birthing From<br>Within Weekend<br>Intensive | 31 *Mom & Baby<br>Yoga 1-2:30pm<br>*Prenatal Yoga<br>5:45-7:15, 7:40-9:10 |     |  |  |  |   |

August 2006

| Sun                              | Mon   | Tue | Wed                                   | Thu   | Fri | Sat  |
|----------------------------------|---|-----|---------------------------------------|---|-----|--|
|                                  |   | 1   | 2                                     | 3   | 4   | 5  |
| 6                                | 7   | 8   | 9                                     | 10  | 11  | 12<br>1st Annual Picnic<br>11-2pm<br>New Brighton Park |
| 13                               | 14  | 15  | 16                                    | 17<br>Birthing From<br>Within Series 7-9:30 | 18  | 19   |
| 20<br>Postnatal Pilates<br>2-5pm | 21<br>Prenatal Yoga<br>5:45-7:15pm<br>7:40-9:10pm | 22  | 23                                    | 24<br>Birthing From<br>Within Series 7-9:30 | 25  | 26   |
| 27                               | 28<br>Prenatal Yoga<br>5:45-7:15pm<br>7:40-9:10pm | 29  | 30<br>Mother's Unfolding<br>12:30-2pm | 31<br>Birthing From<br>Within Series 7-9:30 |     |  |

POMEGRANATE SEEDS...



# Calendar Of Events

September 2006

| Sun  | Mon  | Tue | Wed   | Thu  | Fri   | Sat  |
|--|--|-----|---|--|---|--|
|  |  |     |   |  | 1   | 2  |
| 3  | 4<br><b>Prenatal Yoga</b><br>5:45-7:15pm<br>7:40-9:10pm  | 5   | 6<br><b>Mother's Unfolding</b><br>12:30-2pm   | 7<br><b>Birthing From Within Series 7-9:30</b> | 8   | 9<br><b>Birthing From Within Series 9-4</b>          |
| 10<br><b>Birthing Again 9-4</b>                      | 11<br><b>Prenatal Yoga</b><br>5:45-7:15pm<br>7:40-9:10pm | 12  | 13<br><b>Mother's Unfolding</b><br>12:30-2pm<br><b>Birthing From Within Series 7-9:30</b>         | 14   | 15<br><b>Birthing From Within Intensive</b><br>7-10pm | 16<br><b>Birthing From Within Intensive</b><br>9-4pm |
| 17<br><b>Birthing From Within Intensive</b><br>9-1pm | 18<br><b>Prenatal Yoga</b><br>5:45-7:15pm<br>7:40-9:10pm | 19  | 20<br><b>Mother's Unfolding</b><br>12:30-2; 2:30-4pm<br><b>Birthing From Within Series 7-9:30</b> | 21   | 22  | 23   |
| 24   | 25<br><b>Prenatal Yoga</b><br>5:45-7:15pm<br>7:40-9:10pm | 26  | 27<br><b>Mother's Unfolding</b><br>12:30-2; 2:30-4pm<br><b>Birthing From Within Series 7-9:30</b> | 28   | 29  | 30   |

## Instructor Profiles & Class Description



Sarah Juliusson

### **Birthing From Within with Sarah Juliusson, Ms.Sc.Parent-Child Nursing**

I feel deeply blessed by the opportunity to bring Birthing From Within Prenatal Classes & Mothers Unfolding Circles to Pomegranate Community Midwives. My practice is built on over fifteen years of experience with pregnant and birthing families, having served as a Childbirth Educator, Doula, and Maternity Nurse, and trained as a midwife. I am a Certified Birthing From Within Mentor, a Certified Doula, and have a Masters in Parent-Child Nursing. I am the mother of two beautiful boys—Galen, born in December 2001, and Zekiah, January 2004.

Jennifer-Lee offers Birthing From Within prenatal classes with Dancing Star Birth. She also provides backup doula care for Sarah's doula clients. Jennifer-Lee has been serving women in birth and postpartum since 1999, and is a Birthing From Within Mentor, Breast-feeding Counsellor, and Doula. Jennifer-Lee is the mother of three children ~ her two girls, born in 1998 and 2003, and her stepson.

Mothers Unfolding: Aug 30-Oct 4; Sept 20-Oct 25; Nov 1-Dec 6  
Fee: \$125 (\$100 with a friend) Sliding scale available

Birthing From Within Series: Sept 6 - Oct 18; Sept 14 - Oct 26; Oct 25 - Dec 6;  
Nov 2 - Dec 14 Fee: \$225

Birthing From Within Weekend Intensive: Sept 15-17; Oct 13-15; Nov 3-5; Nov 24-26;  
Dec 1-3 Fee:\$225

Birthing Again Workshops: July 16; Sept 10; Oct 29; Dec 10 Fee:\$100



Jennifer-Lee Koble

Please contact Sarah, [sarah@dancingstarbirth.ca](mailto:sarah@dancingstarbirth.ca) for more information and registration  
Also, please visit [www.dancingstarbirth.ca](http://www.dancingstarbirth.ca)

# Instructor Profiles & Class Description

## Prenatal Yoga with Lesley - Monday Evenings @ Pomegranate

10 classes (valid 10 weeks): \$140 OR 10 drop-in classes: \$160 OR

Drop-in \$16.50 (if space available)

2 classes are offered 5:45 to 7:15pm & 7:40 to 9:10pm **starting Aug 21st**  
(no class holiday long-weekends)

Information and registration: Lesley 604-730-9274 [lesleycrowe@telus.net](mailto:lesleycrowe@telus.net)

Pregnancy is an incredible journey. Nurture yourself and your growing baby during this special time. Enjoy a holistic program of gentle stretching, strengthening, breathing exercises, vocal toning and guided relaxation, all designed to promote a more comfortable pregnancy and confidence for birth. Beginners welcome. Suitable for all stages of pregnancy. Mats are provided.

Lesley Crowe is a certified Prenatal Yoga Teacher. She has been teaching hatha yoga for 18 years and prenatal yoga for the last 8 years in Vancouver. Her love of working with pregnant women was inspired by the amazing experience of attending the birth of her niece in 1997. She has completed specialized training with Janice Clarfield, Elizabeth Noble and Jeannine Parvati Baker. She now trains other yoga teachers in the skills of how to work safely with pregnant women through hatha yoga.



## **Be Natural, Baby! Workshop: July 9th, 11:30-1pm**

After the birth of my first baby in 2001, I became aware of the potentially irritating and toxic ingredients found in many commercial brands of baby and household products. With a 10 year background in Make-Up Artistry, and a foundation course in Aromatherapy with Gayle Cooke of Uncommon Scents, I decided to cook up my own line of 100% natural skin care for babies, now known as **Munchskins Skin Care**.

Realizing that parents, like myself, appreciate the idea of creating chemical-free products for their little ones, I compiled more of my daily care recipes into an easy-to-follow guide. From natural Diaper Wipe Solution to Bath Bombs to Laundry Soap, *Homemade Baby* \*the guide to making your own baby care essentials. *The Natural Way!* is meant to make caring for baby's skin both easy and natural.

*With so many growing diseases, skin conditions, and allergies that children tend to have these days, I had to take a stand. By avoiding pesticides and other unnecessary chemicals in my family's food and skin products, I am hoping to create a healthier and longer life for all of us.*

\$30 (includes recipe book & all workshop supplies)

Contact Jennifer Casey for registration & more information:

[contactme@jennifercasey.ca](mailto:contactme@jennifercasey.ca) or 604-759-0049 or visit [www.jennifercasey.ca](http://www.jennifercasey.ca)



## **Traditional Chinese Medicine for Pregnancy, Childbirth, Postpartum and Newborn Care, with Gabrielle Steinberg, RTCM: July 8th, 6:30-8:30pm**

Come hear an introduction on how Chinese medicine views pregnancy, labour and the new born. We will also discuss how Chinese medicine can work with some of the most common imbalances around these life-changing times including morning sickness, back & head aches, delayed/ difficult labour, as well as infant imbalances such as neonatal jaundice and digestive issues.





### Postnatal Pilates Workshop - August 20th, 2-5pm

After childbirth there is nothing better than locating, activating and rebuilding the muscles surrounding the pelvis to help the body bounce back. Guided by Namchi Bazar, this workshop touches on the fundamental Pilates principles of breath support, neutral spine and precision movement with a focus on the pelvic floor and low abdominals. We will use anatomical images, visualizations and partner assisted explorations to target and tone your core. The nature of the exercises will emphasize the pelvic floor, low abs and shoulder stabilization to keep your body in optimal health and efficiency. You will leave with a short sequence of exercises that can be integrated into your life as a mother.

**Namchi Bazar** is a Certified Pilates Instructor for Matwork, Reformer, Cadillac and Chair from the Structural Studies Institute, has Prenatal Yoga training with Janice Clarfield of Urban Yoga and is a graduate of the Department of Contemporary Dance from Concordia University in Montreal. Namchi works individually and semi-privately as a personal Pilates trainer. She has also taught Pilates classes and workshops at numerous centers in Montreal and British Columbia. Her diverse background in Dance, Pilates, Yoga and Anatomy gives her a unique approach to the body and physical training. She brings playfulness to the work that inspires physical self awareness through conscious action.

Workshop cost: \$30

Please email Namchi for registration & more information: [namchi@hotmail.com](mailto:namchi@hotmail.com)



### Pomegranate Community Midwives

Pomegranate Community Midwives  
2647 East Hastings Street  
Vancouver, BC  
V5K 1Z5

Phone: 604-255-5556  
Fax: 604-255-5576  
E-mail: [office@pomegranate-midwives.com](mailto:office@pomegranate-midwives.com)  
[www.pomegranate-midwives.com](http://www.pomegranate-midwives.com)

Midwives recognize pregnancy and birth as a significant, healthy and dynamic part of a woman's life. We offer sensitive and expert care from conception to six weeks postpartum, including complete labour and birth care. BC's Registered Midwives are part of a community of allied health and maternity care professionals dedicated to a safe and satisfying experience for mothers and babies. Not only is midwifery care completely covered by BC Medical, but BC Registered Midwives are the only providers legally allowed to provide the choice of birth place: home or hospital.

We are a diverse practice of Registered Midwives who strive to create an empowering experience where clients feel respected, informed and included as active decision-makers in their care. We are focused on providing a dynamic, fun, and woman-centered vision of care to pregnant mamas and their families. Although we come from a variety of backgrounds and experiences, we all share a dedication to holistic and meaningful approaches to pregnancy, birth and postpartum.

Please email us to unsubscribe from this newsletter: [office@pomegranate-midwives.com](mailto:office@pomegranate-midwives.com)