

Ecstatic Birth Training Curriculum

Every Session: Check in, Hold Tone, Raise Consciousness, and Suggest Practices

Prior to meeting

Intake form

Terms and Conditions signed

Ecstatic Birth Training Sessions: Intro to Ecstatic Birth

Introduction:

Check in: Synchronizing Goals and Desires for working together

Why is she here? What is she hoping to get out of working with you?

How you work: Terms

Raising Consciousness: What is an Ecstatic Birth? Empowerment to birth with joy and pleasure without attachment to outcome.

Exercises/ Homework: Desire list for birth; Learning to feel; Basic Sensation Practices; Listen to EB Training Sessions, noticing the body sensations; Journal about Birth- What does she believe about birth? Word Association

Raising Consciousness:

Check in: What does she believe about birth?

Raising Consciousness: What are other possibilities? Ecstasy in Birth- Alternative to dominant culture. Finding strength through support. Knowledge is power- does she have all the information she needs?

Exercises: EB Training Sessions; Recreating her birthing culture; Flooding her senses with positive birth images and stories; Get conscious about her own patterns; Filling any knowledge gaps; Interview practitioners; Get relevant stats

Navigating your Options:

Check in: What plans does she have in place? How does she feel about them? what decisions does she still need to make

Raising Consciousness: No “right” way to birth, only what is right for her; Sensation is the language of the body; Wisdom of the Body: Learn to feel through decisions rather than think through them;

Exercises/ Homework: Sensation Exercises; Inner Wisdom Practice- Ask body what is important; Practice feeling her way through decisions; Ecstatic Birth Training Sessions

Pleasure as the Most Holistic Birthing Tool:

Check in: How does she feel about sexuality? About sexuality and birth? How does she feel about her body? Her ability to feel pleasure?

Raising Consciousness: Make the case for pleasure- the interconnected nature of birth and sex, conditions for ecstasy mirror each other. Oxytocin flow through pleasure;

Exercises/ Homework: Ecstatic Birth Training Sessions; Sensation Exercises

Pleasurable Birth Tools

Check in: Does she feel comfortable tapping into sexual pleasure tools in birth? Press her to notice the sensations in her body. Suggest tools and practices in line.

Raising Consciousness: Plan for birth like her wedding; 5 Senses- flood each with pleasure; Sphincters; As above so below; Engorgement

Exercises/ Homework: Sensation Exercises with variations in line with her birth desires: Movement; Sound; Noticing and journaling about what gives her pleasure throughout her day; EB Training Sessions; What tools would she like to incorporate into birth?

Sensual Expansion as Birth Prep

Check in: How are they feeling sensually? Can she locate her turn on at will? Her orgasmic ability? How much desire/ time/ space does she have to practice?

Raising Consciousness: Learning to open and expand sensually is powerful birth prep

Exercises/ Homework: Sensation exercises- the full spectrum. For women without the luxury of time- moving meditation is most effective; For women who are passionate and want to delve deeper- research other sexual/ sensual expansion modalities; EB Training Sessions;

Disarming your Fears

Check in: What are her childbirth fears? motherhood fears? Other related fears?

Raising Consciousness: Fears live in the body and have the potential to disrupt the birthing process; Disarming fear protocol

Exercises/ Homework: Word association; Journal; Get conscious on patterns of handling fear; EB Training Sessions; Sensation exercises- learning to notice where she grips when she is in fear.

Dancing with the Unexpected

Check in: What if birth doesn't go as planned? How does she feel about that possibility

Raising Consciousness: Like life, birth doesn't always adhere to plans. Can still have an Ecstatic Birth-- explore how with different variables.

Exercises/ Homework: Fear protocol with various unexpected/ undesired outcomes. Get conscious on patterns of dealing with the unexpected day to day- what works? what doesn't; EB Training Sessions; Sensation exercises- learning to notice where she grips as she navigates unexpected circumstances

Motherhood and Beyond

Check in: What postpartum plans has she made? Any fears/ anxiety about postpartum period?

Raising Consciousness: Planning for beyond birth can help her body relax through birth; Ecstatic Birth training is training for motherhood.

Exercises/ Homework: What parts of her EB Training can she incorporate into her postpartum period? Plan for pleasure on the other side; Plan for support; EB Training Sessions