



ALEXANDER TECHNIQUE FOR PREGNANCY AND CHILDBIRTH

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ANTENATAL COURSE WITH THE ALEXANDER TECHNIQUE

What is the Alexander Technique?

- **The art of using yourself better.** Good use gives you confidence and allows you to get the most out of all daily activity: from sitting, walking, hoovering, dancing, acting, playing an instrument, swimming, living!
- **A simple method of psycho-physical education** that aims to find the body's natural balance and freedom to move with ease; and once learnt, you don't forget.
- **A way to understand our bodies design** to let it function how it knows from birth...
- **A gradual but secure learning process,** that help us recognise our own habits y how to stop interfering with our bodies innate intelligence.
- A way of **leaning to interact with the "other" without losing oneself;** to learn how to be more present and aware wherever we are and whoever we share it with.
- **iA journey, and experience, a surprise!**

YOUR WEIGHT WILL SHIFT...



...LEARN HOW TO INTEGRATE IT

WITHOUT DISCOMFORT IN YOUR
BACK

ALLOWING MORE SPACE AND
FREEDOM FOR YOU AND YOUR BABY

Learn in the company of other pregnant women everything related to pregnancy and childbirth to make informed decisions about your choices at birth.

GROUP SESSIONS:

Eutokia is a Greek word meaning *happy childbirth* that [Ilana Machover](#) has adopted to describe her application of the Alexander Technique to pregnancy and childbirth, and that she describes extensively in her book [The Alexander Technique Birth Book](#). Ilana developed her Eutokia classes as a result of many years of experience as an Alexander Teacher, and NCT teacher (National Childbirth Trust) and as a Doula. We are privileged enough to have trained with her and to bring her work to Barcelona.

The sessions will include:

- A sound introduction to the **Alexander Technique** to improve co-ordination and freedom of movement and its application to the changes of pregnancy, as well as specific movements to work through your pregnancy and in preparation for the different stages of labour.
- Information on Nutrition.
- We will follow the teachings of the Argentinean psychotherapist **Laura Gutman**, renowned specialist in family matters.
- General information on birth physiology and how to create the basic needed conditions for labour progress from **Michel Odent** 's perspective, the world known obstetrician.
- Practical information from the **Doula** 's perspective: birth options, how to make a birth plan, how to create a favourable environment for labour, tools to facilitate the process, breast-feeding, postpartum, etc.

Groups of a maximum of 12 women with 3 Alexander Technique Teachers and Doulas.

Location:

Address: Calle Petritxol, 4, Pral 2
Ciutat Vella
Wednesdays 7pm to 9pm
Thursdays 3pm to 5pm (in english)
Thursdays 6pm to 8pm

EL PORTAL (www.elportalbcn.com)
Address: Passatge Mulet, 6. Bajos
Gràcia
Wednesdays 4pm to 6pm

Information, detailed program and enrolment:

675524628 o 933681876 (Rut Bordés)
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