UCSF Osher Center for Integrative Medicine

Upcoming Class

Mindfulness-Based Childbirth and Parenting
Nine Week Program

This program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting.

Through mindfulness meditation, yoga and group dialogue we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise parenting.

In this nine week program you will:

• Understand the physiology of childbirth, breastfeeding and babies

• Learn to engage the mind to work with pain

• Develop tools for managing stress in pregnancy, parenting and daily life

• Practice prenatal yoga for strength and flexibility

• Increase confidence for birthing and beyond

This class also includes a daylong practice session and a Reunion class after birth.

Class Date/Time:
Wednesdays, January 19-March 16
6:45-9:45 pm
Daylong session:
Saturday, February 26, 9:30 am-4:30 pm

Location:
UCSF Osher Center for Integrative Medicine
1545 Divisadero Street, 4th Floor

Instructor:
Nancy Bardacke, RN, CNM, MA

Cost:
$590 per couple or $295 for singles*
plus $40 materials fee

*10% discount for UCSF faculty, staff, and students.

For questions, call 415.353.7718 or email classes@ocim.ucsf.edu.

Register online or find more classes at www.oshers.ucsf.edu/register

We're moving! Beginning January 10, 2011, we will be located at:
1545 Divisadero Street, 4th Floor, San Francisco, CA 94115-3010 | Phone: 415.353.7718 | Email: classes@ocim.ucsf.edu