

A Warm and Gentle Welcome



A Workshop for Expecting Parents

with

Liz Hagerman & Kate Miller

Saturday, March 7th

1-4 PM

mamas - \$45 • couples - \$70

Acorn Hill Waldorf Nursery & Kindergarten
9504 Brunette Ave. Silver Spring, MD 20901

register at www.redmoonyoga.com

- Learn ways to promote a more peaceful, stress free pregnancy.
- Discover how to create a warm and gentle birth experience with your birth team.
- Prepare yourself for the tender time of the fourth trimester and honoring the threshold of motherhood.
- Receive tools that facilitate bonding and attachment through the activities of routine caregiving.
- Understand the natural movement development of infants
- Learn to recognize the importance of transitions versus milestones.
- Find out what carriers, carseats and strollers are most beneficial for your infant's intellectual and kinesthetic development.
- Discover ways of trusting in yourself and your wise infant.
- This workshop will include imaginative and practical exercises, videos, lecture and discussion.

Kate Miller is a long time yoga teacher, birth doula, childbirth educator and holds a BFA in modern dance and a MA in Spiritual Psychology. Kate has studied optimal fetal positioning with Gail Tully, and trained with Ruth Anne Hammond in the RIE© approach to childcare. She believes that our deepest impressions are formed in the womb and continue to be shaped by our birth experience. She has witnessed first hand how freedom of self initiated movement fosters confidence and good kinesthetic alignment.

Liz Hagerman MA, BC-DMT is a board certified dance movement therapist, a Waldorf birth to three specialist, infant massage instructor and is working towards becoming a RIE© associate. Liz believes movement and attuned care giving build our core sense of self. Liz created and implemented the Parent/Infant and Parent/Toddler programs at Acorn Hill Nursery and Kindergarten where's she worked since 2001.