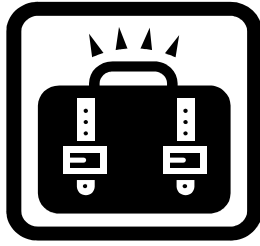


What should you bring/pack to your Passion for Birth workshop?



Great question!

- Dress comfortably and in clothes you can move in!
- Room temperatures vary, bring a sweater or Rebozo (shawl)!
- You will get a seminar book with space for note taking but some prefer their own pad.
- Comfortable chairs are hard to find – feel free to bring whatever will make you more comfortable – pillows, birth ball, etc.
- We'll try to have snacks but it never hurts to tuck in your own favorite treat – or bring some to share! We'll try hard to have great tea/coffee but sites vary. So if you are a java addict, you may want to stop on your way until you see what we have!
- Bringing your Study Guide is optional. (it's great to have a couple on site but don't worry if you have the on-line version or haven't received it yet – it's not required at the seminar)
- Sharing ideas is wonderful for the seminar – bring anything you have created or borrowed – visual aids, interactive activities, marketing materials, favorite books, list of favorite websites, favorite quote and or music to share....
- Don't forget the directions for how to get there! Cameras are always fun!
- If you are flying, allow some extra space in your luggage to haul things home!!

Babies in arms are always welcome. If your baby is on the move but is nursing, we recommend you bring someone to respond to your baby's needs and who will bring them into the seminar to nurse.

Cell phones must be on vibrate as they can be very disruptive!

The days are long – 8 am to 5 pm. Try not to over-book yourself over these days – you'll need the evenings to relax, process and get ready for the next day!