



Presents a unique opportunity to participate in a weekend of  
**Mindfulness Based Childbirth & Parenting (MBCP)**

**Nancy Bardacke, CNM, MA comes to Seattle from November 10 – 13, 2011**

Mindfulness Based Childbirth and Parenting (**MBCP**), offers parents-to-be the opportunity to use the time of pregnancy and childbirth to learn the life-skill of mindfulness for working with the stress, pain and fear that are a normal part of this profound journey and to have these skills in place for parenting mindfully from the moment of birth.

**Training open to 10 Expectant Families**

\$250 per family, including meals

Commitment to attend all of the following:

Friday, November 11 / 7:00pm – 9:30 pm

Saturday, November 12 / 9:30 am – 4:30 pm

Sunday, November 13 / 9:30 am – 4:30 pm

Expectant families will explore the ability to clearly experience, in the midst of everyday life, the interplay of thoughts, emotions, and bodily sensations, and learn how awareness of these domains accurately informs or distorts the capacity to manage stress during pregnancy, the pain and fear of childbirth and the capacity for attuned, compassionate and wise parenting.

**Training open to 10 Professionals**

For Cost admission, please inquire

Thursday, November 10 / 7:00 pm – 9:00 pm

Friday, November 11 / 9:30 am – 2:00 pm and 7:00 pm – 9:30 pm

Saturday, November 12 / 9:30 am – 4:30 pm

Sunday, November 13 / 9:30 am – 4:30 pm and 7:00 pm – 9:00 pm

While this introduction is designed for those interested in exploring teaching MBCP and mindfulness within the perinatal context, it is also appropriate for medical and mental health professionals seeking an introduction to mindfulness meditation and understanding its complementary relationship to the domains of obstetrics, midwifery, nursing, pediatrics, family medicine, and clinical psychology. .

This training will be led by Nancy Bardacke, CNM, MA the developer of **MBCP** and author of the forthcoming book *Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond* (HarperCollins, 2012). Nancy has taught the **MBCP** course to more than 1000 expectant parents in 65 courses over the past 13 years and is the founding Director of the Mindfulness-Based Childbirth and Parenting Program ([www.mindfulbirthing.org](http://www.mindfulbirthing.org)).

**To register or for more information:**

**Barbara Lahav, [bjlahav@comcast.net](mailto:bjlahav@comcast.net) / cell phone: 206.226.7205**