Kerry Reynolds, owner of Birth In Bloom, is a full time mother of two daughters, a trained Childbirth Educator and DONA trained Birth Doula. With an intense passion for providing support to women, Kerry has spent the last two years training as a birth doula and after the birth of her second daughter she realized the importance of confidence in birth and became a trained Childbirth Instructor. Kerry is committed to helping women learn to trust their inner wisdom and embrace the concept that birth is normal, natural and healthy.

“Birth is not an emergency. It is simply an emergence.”
—Jeannine Parvati Baker

Kerry Reynolds
6125 Calico Pool Lane
Burke, Virginia 22015
703.855.1938
birthinbloom@gmail.com

visit us on the web at:
www.birthinbloom.com

EMPOWERING WOMEN AND THEIR FAMILIES, ONE BIRTH AT A TIME
CHILD BIRTH SERIES

Congratulations on your upcoming birth! Whether you are a seasoned parent or expecting your first bundle of joy, childbirth class is a great place to join others who share the life transition of pregnancy and birth. Basic class information includes:

- Stages of Labor
- Relaxation Techniques
- What to expect at the hospital
- Labor Support
- Unexpected Outcomes
- Pain Relief
- Comfort Measures
- Postpartum Adjustment
- Newborn Care

BREATHING & RELAXATION FOR BIRTH

This is a unique opportunity to learn and practice tried and true methods of using breath and relaxation to help women move through the phases and stages of labor. Topics include:

- Patterned breathing
- Guided relaxation
- Circulating Life Breath
- Finding your rhythm
- Imagery

“We have a secret in our culture…it’s not that birth is painful, it’s that women are strong.” – Laura Stavoe Harm

SCHEDULE

Childbirth Series – this session consists of 6 two hour classes held at Kerry’s home in Burke.

- Thursdays, 6:00pm – 8:00pm

Breathing & Relaxation Series – this session consists of 6 one hour classes held at Bushido Studios in Kingstowne.

- Tuesdays, 4:30pm – 5:30pm

Condensed Childbirth Course – this two day session is the full course held one weekend per month at Bushido Studios in Kingstowne.

- Saturday & Sunday
  12:30pm – 5:30pm

Private Classes – available for couples (or pairs of couples) who are interested in customizing their lesson plans and receiving one on one attention. Private lessons can be held at your home or Kerry’s home in Burke.

- Saturday & Sunday
  12:30pm – 5:30pm

Space is limited so sign up and reserve your spot today!

WHAT TO BRING

Some items you may wish to bring to class include:

- Bottled Water
- Sweater

REGISTRATION

Name: ____________________________
Address: ____________________________
Phone: ____________________________
Email: ____________________________
Due Date: ____________________________
Prenatal care provider: ____________________________

CLASS SELECTION

Please indicate class you are registering for:

- Childbirth Series $250
- Breathing and Relaxation for Birth $200
- Childbirth Weekend Course $250
  - October 31st & November 1st
  - November 21st & 22nd
  - December 19th & 20th
  - January 16th & 17th
- Private Childbirth Class $325

Mail form with payment to:
Kerry Reynolds
6125 Calico Pool Lane
Burke, Virginia 22015