

DR.
GOWRI
MOTHA

GENTLE BIRTH METHOD ACADEMY



A holistic approach to maternity care

Preparing the body and mind for intervention free birth

An Integrated Programme devised by highly qualified professionals

Venue: Whittington Hospital

All courses accredited by the Royal College of Midwives



Course Tutors and programme:

Dr. Gowri Motha, Founder Gentle Birth Method - Visualisation and Self Hypnosis for Birth

Teach the principles of self hypnosis and the value of visualisation to soften the impact of labour and the birthing process.

April Pierrot MSTAT - Movements for Birth - Alexander Technique

Aimed at professionals who are working with pregnant mothers. Its objective is to integrate the application of Alexander technique principles into Gentle Birth Method and body-work preparation.

Dr. Françoise Freedman PhD - Yoga Micro Movements

Birthlight maternity yoga - Development of simple and effective body based practices to enhance women's experience of pregnancy, birth and the postpartum.

Ann Herreboudt MA Psychoanalytic Studies; Parent Infant Psychoanalytic Psychotherapist UKCP
Registered, Registered Nurse and Registered Midwife –

Early Years – Transition into Parenting,

To provide participants with the tools and knowledge to cope with the normal ante-natal and post-natal experience. An understanding of the emotional journey of the foetus, the mother, the father and the newborn.

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