



**birthlight**  
for the greater enjoyment  
of pregnancy, birth and babies



Conference  
& Refresher  
July 2009

## Birthlight Conference (incorporating Refresher Weekend)

Venue: Institute of Child Health, 30 Guilford Street, London WC1N 1EH UK

### Day 1: Saturday 11 July 2009

#### Focus on first trimester of pregnancy

9.00 – 9.30 am Welcome & Registration

9.30 – 10.00 am 'An introduction: why first and fourth trimester?'  
[FRANÇOISE BARBIRA FREEDMAN](#)

10.00 – 11.15 am [NAOMI STADLEN](#)  
'Making space for her baby'

11.15 – 11.30 am Refreshments

11.30 – 1.00 pm [SIMON HOUSE](#)  
'Brain evolution, development and biochemistry'  
*Followed by an open discussion.*

1.00 - 2.00 pm Lunch break

2.00 – 4.00 pm **Workshops**  
A: 'Yoga for conception and the first trimester'  
[Françoise Barbira Freedman](#)  
B: 'Ayurveda principles in practice for nurturing mothers to be'  
[Liese van Dam](#)  
C: 'Deep relaxation for pregnancy: an introduction to teaching Yoga Nidra'  
[Barry Elms](#)

4.00 – 4.30 pm Break & Refreshments

4.30 – 5.30 pm Panel Discussion  
Chair: [Nadia Raafat](#)



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Venue: Institute of Child Health, 30 Guilford Street, London WC1N 1EH UK

### Day 2: Sunday 12 July 2009

#### Focus on fourth trimester of pregnancy

9.30 – 10.00 am	Opening of the day: 'Being in the present moment'
10.00 – 11.15 am	<u><a href="#">VIVETTE GLOVER</a></u> 'The maternal emotional state during pregnancy: effects on the foetus and the child'
11.15 – 11.30 am	<i>Refreshments</i>
11.30 – 1.00 pm	<u><a href="#">MICHEL ODENT</a></u> 'The needs for Primal Health Research' <i>Followed by an open discussion.</i>
1.00 – 2.00 pm	<i>Lunch break</i>
2.00 – 4.00 pm	<b>Workshops</b> D: 'Holographic Breathing seminar one' <u><a href="#">Martin Jones</a></u> E: 'Sensitive teaching to awaken parent's intuition' <u><a href="#">Sally Lomas</a></u> F: 'Relaxed holds and basic rhythms' <u><a href="#">Francoise Barbira Freedman</a></u> and various Birthlight tutors
4.00 – 4.30 pm	<i>Break &amp; Refreshments</i>
4.30 – 5.30 pm	Conclusion: 'A vision for Birthlight'

For further details please contact **Birthlight**: +44 (0)1223 362288 Email: [conference@birthlight.com](mailto:conference@birthlight.com)

[www.birthlightconference.com](http://www.birthlightconference.com)