

*How will you birth in awareness regardless of the path your birth takes?
How are you preparing for the unknowns in birth?
How will you “birth” yourselves as parents?*

Birthing From Within Mentor Lisa Cryderman R.N. has been a Labor and Delivery nurse for 12 Years and as such has attended hundreds of births. She also has extensive experience with teaching breastfeeding and baby basics.

Lisa took her Birthing From Within Level 1 and Level 2 directly from Pam England (creator and author of Birthing From Within).



“After many years of working on the labor and delivery unit, it became clear to me that many of the expectant couples could be better prepared for labor and birth. I discovered Birthing From Within while I was pregnant and knew that Pam England was onto something. I devoured her book and knew that as soon as my baby was a little older, I would pursue mentoring the Birthing From Within process. I am delighted to share this process with the expectant couples that have come to me for childbirth education.”

Lisa Cryderman

Birthing From Within Extra-ordinary Childbirth Classes prepares couples for the journey of birth & parenthood by exploring:

- The birth process and your role in it.
- Pain coping strategies.
- Experiential exercises that will aid you in childbirth.
- Interactive activities designed to facilitate birthing teamwork.
- Baby Basics and feeding your newborn

Small classes tailored to meet the needs of every learner.

Are you “Birthing Again”? Visit motherizing.com for details.

MOTHERIZING CHILDBIRTH EDUCATION

www.motherizing.com

Lisa Cryderman R.N.



For information on upcoming sessions contact Lisa at 780.901.1178

lisa@motherizing.com

