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**January 15th 2016: Baby-Making: Practical Tools
to Support Conception, Pregnancy, and Birthing**

The baby-making process, from conception, to pregnancy, birthing, and postpartum, is a time that invites a unique type of support. Midwives, through their education in various modalities, can help to improve a woman's well-being and prepare her during each stage of this process. If you're seeking to conceive as a single person or a couple, are pregnant already, or are in the postpartum phase, you'll learn about practices that incorporate three perspectives: perinatal psychology; herbal/nutrition; and yoga/movement. These practices can make an instrumental difference both in your process and ou

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Featured Guest



Chanti Smith, CPM, LM, SEP

Chanti Smith is a homebirth midwife, Somatic Experiencing® practitioner, Embodied Anatomy Yoga teacher, infant massage instructor, lactation specialist, western trained herbalist, and bodyworker. She is trained in Castellino Pre and Perinatal Birth Therapy and Holistic Pelvic Care.

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