

The Mindfulness-Based Childbirth & Parenting Program
at the UCSF Center for Integrative Medicine

mindful birthing

TRAINING THE MIND, BODY, AND HEART
FOR CHILDBIRTH AND BEYOND

Partner Childbirth Retreat

an immersive program for
expecting couples

Whether you are planning
to birth at a hospital,
birth center, or at home~
These teachings are
designed to support you

Hosted By:
Dr. Jenny Kim
Ob/Gyn

Modern Mind
Women's Health





Enroll Now for Summer
Classes:
Monday evenings 6-8:30
in Boulder, CO
Sunday mornings
9-11:30 am via Zoom

The physiology of childbirth from a
mind/body perspective

Exploration into the concept of Pain

Practices for working with pain-
serving medicated and
unmedicated births

Partner Support skills and
communication exercises

Weekly formal instruction of
meditation and movement
practices

Navigating The Birth Plan

The social/emotional needs of a
newborn

Breastfeeding

Postpartum Mood- what's normal
and when to seek help

Weekly quality time with your
partner and community of couples

Homework assignments cultivate a
meditation practice that suits your
life

Classes are offered
regularly throughout the
year in Virtual and
In-Person format

Traditional MBCP Classes
are an 8-9 week Series
which include a Full-Day
Retreat and Postpartum
Reunion Class

Cost: \$600/couple
(sliding-scale available)

Available On Request:
Private Sessions
Mind in Labor
Condensed Series

MBCP Curriculum is
taught worldwide, based
on the book
Mindful Birthing
by Nancy Bardacke

"It's not just a birth
class, it's a life class" -
Erin Hirmke

