

Class Description: Empowered Childbirth Classes

2012 dates: January 14 + 21, May 12 + 19, July 21 + 28, September 15 + 22, November 10 + 17

Fee: \$120 ~ \$110 if taking Sharon's Dynamic Childbirth yoga class

Place: [Yoga Matrika](#)- 412/855-5692

1406 S. Negley Avenue, Pittsburgh, PA 15217, near the intersection of Wilkins + Negley

Educator:

Jan Mallak, 2LAS, ICCE-ICD-ICPD-IAT, CD-PCD-BDT(DONA), CPD(CAPPA)

Registration: Call Jan directly to register at 724/327-6063. Class size min - 4, max - 8.

Being educated about birth, becoming aware of options and gaining skills to be better prepared are the focus of this class. Expectant couples will learn:

Class 1 -

- Important details about the birth process
- Questions to ask to better understand progress and what to do next
- Positioning and movement options

Class 2 -

- Why a Birth Vision is recommended and how to create one
- How to tap into their own natural resources and innate wisdom
- Ways to physically and emotionally manage birth's normal course and possible challenges (special doula tips, tools and techniques)

Jan Mallak has over 31 years of experience in the baby business. She is certified as a childbirth educator, birth and postpartum doula (by several organizations) and is also a trainer for ICEA and DONA. Jan founded and coordinates "Heart & Hands" Doula Service (heartandhandsdoula.com) which is the most established and comprehensive doula service in W PA. Since 1995, she and her 16 other doulas have provided support before, during and after the birth to over 2000 families. "Heart & Hands" also offers educational classes and monthly Meet & Greets plus miscellaneous things like birth consulting, plaster belly casting or Blessing Way planning. Jan has been published many times, has spoken at several conferences and her first book was published last year called *Doulas' Guide to Birthing Your Way*. She is lovingly supported by her husband of 39 years and grown children. She is also the proud "Baba" of 2 and ½ yr old grandson, Zeev.

Jan, like many other doulas, feels she was called to do this work. She loves being in service to other women especially during such a wonderful time in their lives. Helping a woman go through the Rite of Passage into motherhood is truly an honor. Assisting her to dig deep to find her inner wisdom and strength is awesome. And watching a new baby enter the world is a miracle beyond description – each and every time. Until every woman has the birth she wants, there will be a need for doulas and Jan for one is glad to be there for Pittsburgh families! Feel free to contact her at jan@heartandhandsdoula.com.