



## ‘Birth Ready with Goulburn Physio’

We are thrilled to bring to Goulburn this amazing opportunity for the pregnant women and partners in our local community, as they prepare for the delivery of their baby.

This course is ideal for first pregnancies as well as women who have had a baby previously, but may be considering a vaginal birth after Caesarean (VBAC) or wanting to gain more information on how to prepare for a different birth experience.

### **When & Where:**

Wednesdays 6:00–7:30pm, delivered over 4 weeks at Goulburn Physiotherapy Centre  
2025 Course Dates: 8<sup>th</sup> – 29<sup>th</sup> October & 12<sup>th</sup> November – 3<sup>rd</sup> December

### **What's Involved:**

Small group course, partners included. Ideally the course dates will fall between weeks 24–36 of your pregnancy.

#### *Comprehensive information on:*

- Stages of labour
- The Physiology of pain
- The pelvic floor
- Push preparation
- How to help reduce birth induced pelvic floor injury

#### *Supervised practice in a supportive, safe and private environment for:*

- Preparing the pelvis and pelvic floor for labour and birth
- Positioning for labour and birth
- Practical techniques to help manage labour and birth related pain
- Pushing techniques

Our birth preparation course will be delivered by our Women's Health Physiotherapists who have extensive experience and knowledge in helping to get your body ready for labour and birth of your baby.

### **Cost:**

\$600

+ (optional) \$115 'Prep Pack' valued over \$180 – gym ball, yoga mat & drink bottle.



To book / for more information contact (02) 4821 5544, or email [admin@goulburnphysio.com.au](mailto:admin@goulburnphysio.com.au)

