Mindfulness-Based Childbirth and Parenting (MBCP), offers parents-to-be the opportunity to use the remarkably transformative time of pregnancy and childbirth to learn the life-skill of mindfulness for working with the stress, pain and fear that are a normal part of this profound journey into the unknown and to have these skills in place for parenting mindfully from the moment of birth. Expectant parents find that as they practice being in the present moment they are able to live through this ordinary—and extraordinary—life transition with greater confidence, wisdom and joy. The practice of mindfulness becomes not only a way of birthing but a lifelong resource for parenting and living with greater awareness, kindness, connectedness and care.

Participants in this retreat will experience first-hand each of the mindfulness meditation practices, including yoga, as they are taught in the MBCP classroom; become familiar with the core concepts and practices of the nine-week MBCP program; explore or deepen their understanding of mindfulness and this way of teaching for expectant parents; and investigate the potential for bringing this approach specifically into the fields of maternal, child and family health in which they work.

This programme will be of interest to midwives, obstetricians, pediatricians, GPs, labour, delivery and postpartum nurses, doulas, childbirth educators, lactation consultants, pre and postnatal yoga instructors, infant mental health professionals, early childhood educators, marriage and family therapists, clinical social workers, counselors, educators or anyone interested in the health and well-being of families.

Dates: Thursday, 26 March 2015 (arrive by 3:00pm) -- Wednesday, First April 2015 (ends at 12:00pm).

Location: Vesseaux, France. Domaine du Taillé in Ardèche – 07200 (near Valence) http://www.domainedutaille.com

Fee: 800 euros

Additional expenses: Accommodations and meals 420 Euros (cost is approximate) plus transportation to and from the retreat centre

To register please contact: Association Naissance Parentalité en Pleine Conscience (ANPPC) mbcp.naissance@gmail.com

Nancy Bardacke, CNM is a midwife, mindfulness teacher and the founding director of the Mindfulness-Based Childbirth and Parenting (MBCP) program, which she currently leads at the Osher Center for Integrative Medicine, UCSF Medical Center. She is also an Assistant Clinical Professor at the UCSF School of Nursing. In 2014 her book, Mindful Birthing received the Best Book of the Year Award from American College of Nurse-Midwives.

Eluned Gold, MSc. is Head of Continuing Professional Development at the Centre for Mindfulness, Research and Practice (CMRP) at Bangor University, UK. Eluned developed the Nurturing Parents programme, a mindfulness-based wellbeing course for parents. She also works with those bringing mindfulness into classroom education. Eluned has trained as an MBCP Instructor with Nancy Bardacke.