



Celebration of Birth DOULA ACADEMY

'Birth is sacred... create the space for conscious birth'

E-X-P-A-N-S-I-O-N

Sacred Birth & Postpartum Doula Training

9-MONTH PROGRAMME

FACE-TO-FACE & LIVE ONLINE EDUCATION

A TRANSFORMATIVE EXPLORATION INTO THE SACRED ART OF BIRTH & POSTPARTUM DOULA CARE

Becoming a Doula is a heartfelt and rewarding career, a role that supports birthing and postpartum women and families as they transition through the rite of passage into becoming parents.

This 9-month expansive training reaches far beyond practical *'doula tools'* (these you will receive too!) it calls for you to step into a place of courage and willingness for self-exploration and personal growth, just as the pregnant woman is called to discover new and deeper aspects of herself in preparing for labour and meeting her baby.

A key benefit of this training is the supportive group learning and mentoring experience, both face-to-face in circle and online, with the opportunity to gain rich nourishment from each other as you build your *'Doula Web of Wisdom'* to become a valuable resource for personal and professional growth.

Whilst no prior knowledge of pregnancy or birth is required to join this training, past doula students include naturopaths, massage therapists, midwives, acupuncturists, cranio-sacral practitioners and other complementary health therapists who wish to expand their services.



The Celebration of Birth Doula Academy is a member of the Doula Network Australia, the national association for doulas in Australia. Membership to DNA for the first year is included with your course fees.



Celebration of Birth DOULA ACADEMY

'Birth is sacred... create the space for conscious birth'

E-X-P-A-N-S-I-O-N

Sacred Birth & Postpartum Doula Training

9-MONTH PROGRAMME - MARCH - NOVEMBER 2022
FACE-TO-FACE & LIVE ONLINE EDUCATION

PROTECTING THE ART OF SACRED BIRTH & BEYOND

The Celebration of Birth Doula Academy was founded in 2011 by Anna Watts, Childbirth Educator, Doula Trainer and Counsellor, who has been working with pregnant and birthing women and families for over 30 years. The Academy offers training and mentoring to students in Sacred Birth & Postpartum Doula support, with many doulas successfully establishing their own birth or postpartum doula business, expanding their services in complementary therapies, or studying midwifery.

The Celebration of Birth Doula Academy offers comprehensive training with an holistic perspective, including educational, creative, experiential and spiritual. Our highly regarded doula training courses offer both professional and personal learning and growth, with on-going mentoring and guidance as you launch your doula career.

An academy is an association or organisation intended to protect and develop an art, science, language or to pass on skills in a particular area of expertise. The Celebration of Birth Doula Academy holds the vision for educating, protecting and developing sacred birthing and postpartum practices through the professional training of doulas to support women, babies and families during the transformational time of becoming parents.

If you feel this is the doula path for you, take the first step by completing the Application Form as this intimate group training will fill quickly. Once your application is approved, payment of the deposit to reserve your place is required within 7 days.

Dates & Course Fees - see separate link. **Contact** - birthdoulaacademy@gmail.com



Celebration of Birth DOULA ACADEMY

'Birth is sacred... create the space for conscious birth'

E-X-P-A-N-S-I-O-N Sacred Birth & Postpartum Doula Training

MARCH - NOVEMBER 2022
FACE-TO-FACE & LIVE ONLINE EDUCATION

OUR TEACHERS



Anna Watts, Founder, Sacred Birth & Doula Trainer, Childbirth Educator, Counsellor

Affectionately known as the 'Wise Woman of Doulas' or 'Mama Doula', Anna believes in honouring and celebrating birth as a rite of passage for mother, father and baby, supporting empowered birth choices and strengthening the spiritual connection at this potent time of transformation. As a Doula Trainer, Anna encourages the students to gain both practical knowledge and spiritual wisdom through personal discovery and growth. Her capacity to create the space for holistic learning in a supportive environment weaves through all the Celebration of Birth courses, offering essential face-to-face experiential processes to underpin the educational aspects of training.

Anna is mother of two adult daughters, both born at home, she is a passionate traveller and has spent time teaching, learning and assisting in birth communities around the world. Sharing women's wisdom with a diverse range of birth professionals has greatly enhanced her knowledge of birth and the way she passes on holistic skills to both pregnant women and doulas alike.



Rosie Matheson, Doula, Mentor, Fertility & Pre/Postnatal Yoga Teacher

Rosie is a passionate women's health and wellbeing educator, qualified doula, mother, Yoga Alliance Registered Yoga Teacher, and a senior Bliss Baby Yoga facilitator. Her many offerings include classes, workshops, and teacher training courses in yoga for fertility, pregnancy, birth and postpartum. Rosie has been a doula for over 15 years, she became a doula herself before becoming a mother and shares her valuable knowledge and hands-on doula experience throughout the training.

Specialist Guest Teachers, with a wide range of expertise in the areas of women's health, birth and postpartum, join us to complement this comprehensive training.

E-X-P-A-N-S-I-O-N

9-Month Curriculum

MARCH - NOVEMBER 2022
FACE-TO-FACE & LIVE ONLINE EDUCATION

The Celebration of Birth vision is to equip you with a solid foundation for launching or expanding your Birth & Postpartum Doula business. This comprehensive course curriculum requires attendance at the three face-to-face weekend immersions and the six one day online workshops, plus course work and personal exploration. The training outline includes and expands out from the following topics:

MARCH

OPENING WEEKEND CIRCLE

HONOURING - Sacred Birth & Postpartum
Role of the Doula – 4 Aspects
Conception – Pregnancy – Tests
Mother-Baby Connection Meditation
Water birth - water doula session
Rites of Passage – the value of ritual
Ritual - Blessing the way
- lead into 'Embarking'

APRIL

LIVE ONLINE WORKSHOP

BASE CHAKRA – Foundation - Connection
Embarking, The Call
Labyrinth of Birth - Phases of Labour
Birth place and care options
Pre-labour (emotional/physical/hormonal)
Doula support during pre-labour
Hormones of labour - Empowered Birth
Ritual – Soul Connection - *Anchoring*

MAY

LIVE ONLINE WORKSHOP

SACRAL CHAKRA - Womb - Emotions
Entering the Veil, Moving into the Underworld
First Stage (emotional/physical/hormonal)
Doula support during first stage
Induction/Medical Interventions
B R A I N S – Informed Decision Making
Ritual – Womb Connection Journey

JUNE

LIVE ONLINE WORKSHOP

SOLAR PLEXUS CHAKRA – Birth Confidence
The Summoning, Stuck in the Underworld
Transition (emotional/physical/hormonal)
Doula support during transition
Releasing negative birth programming
Ritual – Shamanic Drum journey –
meeting your Doula Goddess self

JULY

MIDWAY WEEKEND CIRCLE

HEART CHAKRA - Unconditional Love
Emergence - Crowning
Second Stage (emotional/physical/hormonal)
Doula support during second stage
Enhancing oxytocin – love hormone
Family of Origin - beliefs/patterns
Ritual – Birthing yourself as a Doula

*“As we birth our babies more
consciously, we plant the
seeds of wholeness for
future generations”*

Anna Watts

E-X-P-A-N-S-I-O-N

9-Month Curriculum

MARCH - NOVEMBER 2022
FACE-TO-FACE & LIVE ONLINE EDUCATION

AUGUST

LIVE ONLINE WORKSHOP

THROAT CHAKRA – Self Expression
The Return - Completion
Third Stage - Placenta
(emotional/physical/hormonal)
Doula support in third stage
Chanting for Birth
Birth Art - Clay
Ritual – Rebirthing Placenta Ceremony

SEPTEMBER

LIVE ONLINE WORKSHOP

THIRD EYE CHAKRA – Birth Your Vision
Acquaintance
The Golden Hour (emotional, physical, hormonal)
Birth Plan/Map inc. Gentle Caesarean
Bonding – moving into Postpartum
Ritual – Nourishing the New Mother –
Birth Healing

OCTOBER

LIVE ONLINE WORKSHOP

CROWN CHAKRA - Soul Purpose
Fourth trimester (emotional, physical, hormonal)
Physical after birth care
Nutrients in fourth trimester
Birth story debrief and integration
Breastfeeding Introduction – midwife
Ritual – Birthing Goddess Wisdom – Birth Art

NOVEMBER

COMPLETION WEEKEND

CHAKRA ALIGNMENT
Weaving the Story
Birthing your Doula Business
Celebration of first year of motherhood
Compassionate/Attachment parenting
Becoming Us
Completion Ritual – *Closing the Bones*

COURSE COMPLETION

Requirements to gain your Certificate -
Complete a pregnancy/postpartum resource list
Attend/complete all face-to-face sessions
(recordings available for online workshops)
Support 3 births as a doula in training
Attend a Childbirth Education intensive/series
Demonstrate understanding and experience of
pregnancy/birth/postpartum as a rite of passage
Create a vision for your doula business

PERSONAL MENTORING

You will receive valuable personal Mentoring & Guidance with one of our experienced Doula Mentors, as you complete the required three student doula births to receive your Certificate of Completion.
Mentor sessions are available for 18 months from commencement of training.

See separate link for dates/course fees
and Application Form.
Contact - birthdoulaacademy@gmail.com