



## 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.

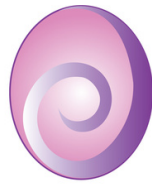
This 9-month expansive training reaches far beyond practical *'doula tools'* (these you will receive too!) it calls for you to step into a place of courage and willingness for self-exploration and personal growth, just as the pregnant woman is called to discover new and deeper aspects of herself in preparing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



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9-MONTH PROGRAMME - MARCH - NOVEMBER 2024  
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 going on to study 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](mailto:birthdoulaacademy@gmail.com)



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MARCH - NOVEMBER 2024

MEET YOUR TEACHERS



**ANNA WATTS** Founder, Sacred Birth & Doula Educator, Counsellor, Spiritual Healer 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, baby and family, 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, and a grandmother. She is a passionate traveller and has spent time teaching, learning and supporting 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 families and doulas alike.



**ROSIE MATHESON** Doula, Mentor, Fertility & Pre/Postnatal Yoga Teacher Trainer 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.



**FIONA O'SHAUGHNESSY** Doula, Hypnobirthing Childbirth Educator Fiona knows first hand how incredibly important the right kind of pregnancy, birth and postpartum preparation and support is, which is essentially why she became a doula. She is deeply passionate about supporting doulas-in-training through mentoring and helping them support their clients through their pregnancy, birthing and postpartum journeys. Fiona is excited to share wisdom, experience and resources to support others to make informed choices around childbirth. Fiona also holds the *'admin doula'* role for the academy.

**PLUS SPECIALIST GUEST TEACHERS**, WITH A WIDE RANGE OF EXPERTISE IN THE AREAS OF WOMEN'S HEALTH, BIRTH AND POSTPARTUM, ALSO JOIN US TO COMPLEMENT THIS COMPREHENSIVE TRAINING.

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

## 9-Month Curriculum

MARCH - NOVEMBER 2024

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 half 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  
- leading 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 - Undisturbed 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  
Navigating Imposter Syndrome  
Ritual – Meeting your Doula Goddess

### JULY

#### MIDWAY WEEKEND CIRCLE

HEART CHAKRA - Unconditional Love  
*Emergence - Crowning*  
Second Stage (emotional/physical/hormonal)  
Doula support during second stage  
Enhancing oxytocin – love hormone  
Nutrition for pregnancy/birth/postpartum  
Grief & Loss – supporting clients & self-care  
Ritual – Shamanic Drum Journey –  
Birthing yourself as a Doula  
Chanting for Birth

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

Anna Watts

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### AUGUST

#### LIVE ONLINE WORKSHOP

**THROAT CHAKRA** – Self Expression  
*The Return - Completion*  
Third Stage - Placenta  
(emotional/physical/hormonal)  
Doula support in third stage  
Family of Origin - beliefs/patterns  
Making a Birth Plan/Map  
Ritual – Rebirthing Placenta Ceremony

### SEPTEMBER

#### LIVE ONLINE WORKSHOP

**THIRD EYE CHAKRA** – Birth Your Vision  
*Acquaintance*  
The Golden Hour (emotional, physical, hormonal)  
Gentle Caesarean  
Breech Birth - Supporting your clients  
Bonding – moving into Postpartum  
Birth Debrief/Healing  
Ritual – Connecting to the Soul of your Business

### OCTOBER

#### LIVE ONLINE WORKSHOP

**CROWN CHAKRA** - Soul Purpose  
Matresence - motherhood as a rite of passage  
Fourth trimester (emotional, physical, hormonal)  
Physical after birth care  
Birth story debrief and integration  
Soul Business SWOT Review  
Ritual – Birthing Goddess Wisdom – Birth Art

### NOVEMBER

#### COMPLETION WEEKEND

##### CHAKRA ALIGNMENT

*Weaving the Story*  
Birthing your Doula Business  
Breastfeeding Introduction - midwife  
Honouring motherhood - *Closing the Bones*  
Birth Art - clay  
Completion Ceremony

#### COURSE COMPLETION

##### Requirements for Certificate of Completion

Complete a pregnancy/postpartum resource list  
Attend all face-to-face sessions/group assignments  
Attend/review online sessions or recordings  
Support minimum 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 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](mailto:birthdoulaacademy@gmail.com)