



SOUL BIRTH

HOLISTIC MATERNITY CARE AT SOUL CENTRE

*CONNECT TO YOUR CENTER AND BE NURTURED
BY SOUL!*

HERE AT SOUL WE ARE COMMITTED TO PROVIDING YOU WITH THE OPTIMUM CARE AND PREPARATION NEEDED FOR BRINGING SOUL INTO YOUR PREGNANCY, BIRTH AND POST-NATAL EXPERIENCE.

WHETHER YOU ARE A FIRST TIME-MUM OR HAVE DONE IT ALL BEFORE, WE PROVIDE WAYS OF CREATING A RESTING PLACE FOR BOTH YOU AND YOUR LITTLE ONE.

WE PROVIDE A TEAM OF DEDICATED PRACTITIONERS WHO CAN STAND BESIDE YOU AND SHOW YOU WAYS TO MAKE IT EASIER AND INSPIRE BLISS AND PEACE INTO YOUR PRACTICE AS A MUM OR MUM-TO-BE.

SAPHIRA MILAN WALDER - AGED 12 WEEKS
PHOTO: CAROLINE ROBINSON

PRE-NATAL CARE :

BENEFITS OF CRANIOSACRAL THERAPY AND MASSAGE DURING PREGNANCY

Biodynamic craniosacral therapy and massage are powerful tools for accessing the wisdom of your body while in a state of deep relaxation. Treatments give you the time and space to connect with yourself, your baby and the process of being pregnant. You can also practice nourishing 'belly' breathing and relaxed awareness techniques to participate in your own healing and to prepare for giving birth. Our therapists have been thoroughly trained in safe practice during all stages of pregnancy.

PREGNANCY MASSAGE \$80

60 MINUTES

This gentle massage cares for both you and your baby. Using healing aromatic oils, the therapist will melt away the tension in your body, mind and soul through a combination of rhythmic strokes, deep tissue techniques and gentle mobilisations. This treatment may be done on the table or on a futon on the ground where you will be supported by bolsters and pillows.

PREGNANCY CRANIOSACRAL THERAPY \$80

60 MINUTES

Lying easily supported by bolsters and pillows – allow this gentle treatment to ease your way into a state of fluid bliss. Reduce anxiety and create the space to just BE.. Creating a baby is no small task and the nourishing quality inherent in craniosacral therapy reflects this understanding. Many of the common ailments of pregnancy, such as back, neck and shoulder pain, symphysis pubic discomfort (SPD), heartburn, nausea, cramps, fatigue, stress and anxiety can be worked with

effectively. While one off treatments are a taste of bliss, regular treatments during pregnancy support a mother and baby in preparing themselves optimally for birth.

PREGNANCY YOGA

Ante-natal Yoga for nurturing and growing the new Mum and her blossoming being within. This class will focus on connecting you both, and developing a happier, healthier, less stressful pregnancy, easier labour and post-natal experience for both of you. Best after the 1st trimester.

SOUL BIRTH YOGA IS a private or small group class – focusing on individuality and personal care.

PREGNANCY PACKAGES

Combine any of the two above for a 2-hr bliss package. **2 HOURS \$150**

Any of the three above for a three hour day of bliss and receive a beautiful belly oil as our gift to you, and hot steamy tea and treats to nurture and nourish.

3 HOURS \$240



POST-NATAL CARE :

A postpartum body is an ocean of change and a new baby counts as one of life's major challenging events. Giving birth transforms women's lives in profound, and often unexpected, ways. Every experience is different, and each birth calls for a new integration of physical and spiritual well-being.

CRANIO-SACRAL THERAPY

After all that opening up, it is only natural to withdraw from the world and spend time recovering and bonding with your bundle of bliss! In South East Asia there is a long-held traditional lie-in practice, which usually lasts a month, called Motherroasting. During that time, the mother is relieved of her usual household duties and waited on hand and foot so she can attend to the newborn's needs. It is a special time for the mother and father to bond with the baby and the house is kept warm so that they can have as much skin-to-skin contact as possible, which is very soothing to the infant. While grandmothers and friends attend to the housework and provide meals to the couple, a therapist skilled in traditional healing arts will visit frequently to massage the mother ensuring that her milk supply is plentiful and that her body heals rapidly.

In keeping with this traditional practice, SOUL offers nurturing treatments at our clinic or in the comfort of your own home to help you adjust to the changes and demands of being a new mother!

MUM AND BABY YOGA

Mum and Baby Yoga provides mothers time to restore their bodies, calm their minds, and create community with other mums! The class is informal, lively, and interactive. Communication, touch, play and fun naturally occurs – as Mum and baby connect with themselves and each other.

Previous yoga experience is not necessary to fully benefit from the classes. This is a place where we honor the needs of parents and children.

WHEN CAN I START AND HOW LONG CAN I CONTINUE?

Generally Mum and Baby Yoga is for Mums and Babies from 6 weeks to crawling. It is a good idea to wait for about 4 - 6 weeks after the delivery of your baby before attending class. If you had a caesarean delivery this time should be extended to about 8-10 weeks. In either case, please consult with your doctor or LMC to ensure your safety.

BOUNCING BACK WITH SOUL - CHOOSE FROM:

Get your body back, restore your energy, revitalize and replenish your being with a selection of classes and therapies

CLASSES:

private yoga/pilates
yoga/pilates small group classes
Yoga/pilates general classes

THERAPIES:

Massage
Craniosacral Therapy for mum and babies
Naturopathy

OUR TEAM

WILHEMEENA ISABELLA MONROE (BPSA, CERT SRT) YOGA, MASSAGE, CRANIOSACRAL THERAPY, BIRTH INTO BEING APPRENTICE.

Wilhemeena is the founder and Director of SOUL CENTRE, she has a Bachelor of Performing Arts as well as a Diploma of Massage, (including pregnancy massage and infant massage) and a Diploma in Biodynamic Craniosacral therapy, she is also one of NZ's 2 certified teachers of SRT™. She has been working as a therapist and teacher for over 10 years and has begun developing her own pedagogy working with both adults and children (Soma-Kids) using somatics as a basis for understanding and working with the whole self. She is currently completing further training in Land to Water Yoga. – working with yoga through infant developmental processes, and does regular post-graduate craniosacral therapy trainings. She is currently doing her apprenticeship in Birth into Being – an international, conscious birth programme.

is available for yoga therapy consultations and private classes. She is the mother of one beautiful 2 year old and is due with her second child at the end of 2010.

“A STRETCH CLASS WITH WILHEMEENA IS A HEAVENLY COMBINATION OF YOGA, MASSAGE, MEDITATION AND STRETCH ROLLED INTO ONE! I HAVE PRACTICED THE STRETCH TECHNIQUES IN BOTH GROUP AND ONE ON ONE CLASSES WHILE IN A MORE SLENDER AGILE BODY AND MORE RECENTLY IN A FULL BLOWN PREGNANT ONE AND I CAN HIGHLY RECOMMEND THE MANY HEALING BENEFITS YOU’LL RECEIVE FROM THE EXPERIENCE. IN SHORT, IT’S A BLISSFUL MUST DO! - TIFFANY DE CASTRO

“I HAD THE BEST SLEEP AND FELT REALLY CALM THE NEXT DAY” - ANDREA HOLMES (SOUL BIRTH MASSAGE)

KARMA RUSSELL - YOGA

Karma teaches hatha flow and beginners hatha. In her classes she encourages students to develop their own awareness of the body, breath and mind within the practices of asanas, pranayama, meditation and deep relaxation. Karma began her yoga journey over 10 years ago, learning from teachers of different Hatha yoga traditions in India, the UK and NZ. Her teaching and own practice is mostly influenced by the teachings of the Satyananda tradition of yoga, and her own love of flowing sequences of postures inspired from practicing Ashtanga yoga for several years.

She is a graduate of the level 2 intermediate to advanced teacher training course at Ashram Yoga, Auckland and has a Diploma of Yoga from Wellpark College Auckland. Both of these are Yoga Alliance registered. She has been teaching since 2003. Karma is also qualified to teach pre natal yoga through Ashram Yoga. She

WHERE THE CITY ENDS AND NURTURING BEGINS.....

SOUL – CENTRE OF THE BODY AND MIND IS A RETREAT ON THE EDGE OF THE NATIVE RAINFOREST OF THE WAITAKERE RANGES JUST 20 MINUTES FROM THE CITY. LOCATED IN THE MOUNTAIN VILLAGE OF TITIRANGI (MEANING “THE FRINGE OF HEAVEN”), SOUL IS DEDICATED TO PROVIDING A SPACE OF TRANQUILLITY, NURTURE AND EXPANSION.

WE PROVIDE WEEKLY CLASSES, WEEKEND RETREATS, WORKSHOPS AND A WIDE RANGE OF PERSONALISED TREATMENTS AND PACKAGES.

WE ALSO PROVIDE PERSONALISED GIFT VOUCHERS FOR THAT SOMEONE SPECIAL AND HAVE A MOBILE PROGRAMME THAT BRINGS THE NURTURE TO YOU AT HOME OR AT WORK OR WHEREVER YOU ARE.

TO BOOK YOUR CLINIC SESSION OR FOR ANY FURTHER INFORMATION PLEASE CONTACT US

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