

SITARAM YOGA PARTNERSHIP
BESPOKE YOGA BIRTH REHEARSAL BOOKING FORM 2007

(For scheduled group sessions please see separate booking form)

BLOCK CAPITALS PLEASE

Your Name.....

Birth Partner's Name/s.....

Address

.....

Email Address (please print clearly).....

Phone Number/s.....

Due Date Planned Place of Birth.....

Usual SITARAM Yoga Class Attended (*see note below).....

Midwifery Practice /Team.....

Please tick below to indicate your requirements

- an **individual** bespoke yoga birth rehearsal **at our home** for myself and my birth partner.
 - an **individual** bespoke yoga birth rehearsal **at Sitaram Partnership** for myself & birth partner.
 - a **small group** bespoke yoga birth rehearsal **at our home** for myself, my birth partner and (number) other people. Minimum three couples.
 - a **small group** bespoke yoga birth rehearsal **at Sitaram Partnership** for myself, my birth partner and (number) other people. Minimum three couples.
- NB For small groups, please ensure that each person completes and returns a booking form.

Please tick below to indicate your reasons (as many as apply) for choosing a bespoke yoga birth rehearsal (this helps us to tailor the session to your needs). If you prefer you are invited to call to discuss your particular needs and circumstances with Nirlipta on 020 8678 0054.

- Home births – on site rehearsal to learn location specific birth preparation techniques.
- Self Employed/Shift work/Erratic work/travel patterns make a scheduled class difficult.
- Small groups of friends, neighbours or colleagues want to do birth preparation together
- Extreme anxiety may mean it might not be appropriate to learn in a group setting
- Couples who have had trouble conceiving may find scheduled group sessions uncomfortable
- Pregnancy related health issues may be better dealt with individually than in a group setting. Please describe briefly (& overleaf)
- Previous birth trauma/s may require specific preparations to improve outcomes for the present pregnancy. Please describe briefly (& overleaf)
- Other – please describe (& overleaf)

Costings

Individual Bespoke Yoga Birth Rehearsals are charged at 50 % more than the scheduled group rate: Thus they cost £120 per session all inclusive – this includes the pregnant woman and as many birthing partners as she chooses. For local travel there is no charge. All equipment is provided.

Small Group Bespoke Yoga Birth Rehearsals for more than three couples are charged at the scheduled group rate. Thus they cost £40 per person/£80 per couple. For local travel there is no charge. All equipment is provided.

Please tick below to indicate your method of payment:

- I have paid by paypal (www.sitaram.org/birthing/index.html) & my receipt number is:
- I enclose a cheque for made out to Sitaram Partnership

* For bookings from those who do not attend a weekly Sitaram yoga class, please also fill in an antenatal class registration form – so that we have all the relevant health information. The form is available to download from <http://www.sitaram.org/birthing/index.html> or ask us for a hard copy.

Please send this form and payment/paypal receipt to: Bespoke Birth Rehearsal Bookings, Sitaram Partnership, 7 Holmewood Gardens, London SW2 3RS. Confirmation letters are sent by post.

For any queries please call us on 020 8678 0054, or email yoga@sitaram.org