

13 June, Tuesday	Big Hall	Red Tent
09:00-10:00	<u>registration</u>	
10:15-12:30	<p>Monitrice in Russia. Part I. <i>Polina Kiseleva</i></p> <p>History of the profession. What is the difference between a doula and a monitrice? The scope of practice and responsibilities. The legal issues. Russian experience. Professional Association in Russia.</p>	<p>Introduction to Birthing From Within (Part 1) <i>Virginia Bobro and Daria Utkina</i></p> <p>Birthing From Within's foundation training is for anyone who wants to experience and learn about unique and powerful model of childbirth preparation. This Introductory Workshop is the first step to becoming a Certified Birthing From Within Doula or Mentor. Participants typically describe this three-day workshop as «life-changing», «mind-turning», and «heart-opening». Most say they got more, much more, than they expected, and that learning this refreshing approach to doula work and mentoring parents was as worthwhile as the personal growth they experienced. They were surprised to learn that there is so much more to Birthing From Within than is covered in the book!</p>
12:30-14:00	<u>break</u>	
14:00-16:30	<p>Monitrice in Russia. Part II. <i>Polina Kiseleva</i></p> <p>The specifics of Child Birth in Russia. How to deal with hospitals and midwives.</p>	<p>Placental Balsam: placental allogenic balm <i>Katerina Vard</i></p> <p>By collecting the information from various sources, combining the scientific knowledge and traditional remedies, Katerina has developed new recipes of placental balsamic blends. The essence of embalming is the impregnation of organ tissues with antiseptic substances that allow the release of rare and useful components without destroying their vitality. In the introductory course you will get acquainted with the basics of embalming the placenta and learn a few practical secrets!</p>
16:30-18:00	<u>break</u>	
18:00-20:00	<p>Monitrice in Russia. Part III. <i>Tatyana Milyavskaya</i></p> <p>Practical advice, discussions, cases from practice. An experienced midwife will share her experience and tell why she decided to leave midwifery practice and become a monitor.</p>	<p>Singing Birth (Part 1) <i>Elena Skoko</i></p> <p>Singing Birth workshop focuses on three levels of learning: knowledge, physical awareness, active practice. The participants will be able to acquire information about the processes of conception, pregnancy and birth from the prospective of historical, iconographic, ethnographic, women studies and scientific narratives. They will be guided through the bodily awareness in order to facilitate their ability to perceive pleasure, accept it and let it flow. The active practice will focus on the use of the articulatory system (nose, lips, mouth, tongue, throat, diaphragm, belly) and breath in order to stimulate the participants innate ability to express themselves through singing. Singing Birth Workshop is suitable for women of all ages, whether they are on the path of motherhood or not. It is recommended for pregnant and new moms, midwives and other birth keepers.</p>

14 June, Wednesday	Big Hall	Red Tent
09:00-10:00	<p>MorningStar Yoga <i>Sister MorningStar</i></p> <p>Join the morning singing and yoga practice for the happiness of all mothers and babies all over the world!</p>	
10:15-11:30	<p><u>Opening general session</u> Love is the Science of Birth: new trends in ChildBirth <i>Katerina Perkhova, Sister MorningStar, Virginia Bobro, Elena Skoko, Paul Golden, Amanda Johnson, Natalia Kotlar, Julia Shelepina, Katerina Vard</i></p>	
11:30-13:30	<p>Conception Preparation in Slavic Tradition. (Part 1) <i>Julia Shelepina</i></p> <p>Slavic rituals, "ladki" in Russian Sauna, massage techniques and herbal medicine for infertility. With "Povituha" (traditional midwife) you will learn an amazing traditional Slavic care for future mothers.</p>	<p>Introduction to Birthing From Within (Part 2) <i>Virginia Bobro and Daria Utkina</i></p>
13:30-15:00	<p><u>break</u></p>	
15:00-17:00	<p>Conception Preparation in Slavic Tradition. (Part 2) <i>Julia Shelepina</i></p>	<p>Singing Birth (Part 2) <i>Elena Skoko</i></p>
17:00-18:00	<p><u>break</u></p>	
18:00-20:00	<p><u>сертификационный курс</u> Peace. Love. Midwifery: mediation for Doulas and Midwives <i>Paul Golden</i></p> <p>The mediator and the midwife will talk about basic principles, techniques and tricks that help to minimize conflicts in the birth team, as well as heal old injuries inflicted by colleagues. Also we will discuss our conflicts with clients!</p>	<p>Wimyn's Circles: how to begin. (Part 1) <i>Sister MorningStar and Katerina Perkhova</i></p> <p>From the dawn of time we met together to speak and listen, to create beauty and support each other. For the first time in Russia, Sister MorningStar and Katerina Perkhova represent a practical and inspiring course for all women who want to create their first Circle of Women.</p>

15 June, Thursday	Big Hall	Red Tent
09:00-10:00	<p>MorningStar Yoga <i>Sister MorningStar</i></p> <p>Join the morning singing and yoga practice for the happiness of all mothers and babies all over the world!</p>	<p>Landscape of Labor <i>Virginia Bobro and Daria Utkina</i></p> <p>The landscape of labor is not linear, but rather twists and turns like the path of a labyrinth, awakening great determination, doubt, faith... and love. Experiential art process, journaling and conversation.</p>
10:00-13:30	<p>Dynamic baby-gymnastics: misconceptions and mistakes <i>Leonid Khinayev</i></p> <p>Having been engaged in dynamic gymnastics for babies since 1986, directly working with children and teaching parents, advising instructors, developing it both technically and conceptually, Leonid constantly encounters some misconceptions concerning this method. As a result, we have incorrect understanding and a lot of mistakes.</p>	<p>Introduction to Birthing From Within (Part 3) <i>Virginia Bobro and Daria Utkina</i></p>
13:30-15:00	<p><u>break</u></p>	
15:00-17:00	<p><u>теория+практика</u> What do we know about VBAC? <i>Paul Golden, Svetlana Akimova, Julia Knizina, Nina Generalova</i></p> <p>We will discuss the pregnancy and the childbirth after cesarean section. How we can help and prevent possible complications.</p>	<p>Singing Birth (Part 3) <i>Elena Skoko</i></p>
17:00-18:00	<p><u>break</u></p>	
18:00-20:00	<p>VBAC: the panel discussion <i>Paul Golden, Svetlana Akimova, Julia Knizina, Nina Generalova</i></p> <p>Case studies, controversies and tricks of the trade.</p>	<p>Wimyn's Circles: how to begin. (Part 2) <i>Sister MorningStar and Katerina Perkhova</i></p>

16 June, Friday	Big Hall	Red Tent
09:00-13:30	<p>Newborn First Breaths (NFB) <i>Sister MorningStar</i></p> <p>Mothers are critical and superior contributors in helping with baby's first breaths, even for slow-to-start babies. Western medicine often forgets about the humanity of the newborn and the mother. Remembering the humanity of the newborn and understanding the natural physiology of newborn and maternal transition upon birth is a hallmark of midwifery knowledge and experience. Learn five distinct and observable maternal behaviors that assist in newborn first breaths. Learn what to do and what not to do that gives every baby the best chance for a gentle transition from womb to room air as their first breaths.</p>	<p>Introduction to Birthing From Within (Part 4) <i>Virginia Bobro and Daria Utkina</i></p>
13:30-15:00	<p><u>break</u></p>	
15:00-17:00	<p>The magic of smells <i>Svetlana Anikina</i></p> <p>Smell is one of the strongest senses. Correctly built aroma composition will help smooth out the «angles» of pregnancy, help in childbirth and postpartum period. Also can create remedies for ourselves, for our mothers, for our children!</p>	<p>Introduction to Birthing From Within (Part 5) <i>Virginia Bobro and Daria Utkina</i></p>
17:00-18:00	<p><u>break</u></p>	
18:00-20:00	<p>Childbirth: an external and internal resources <i>Katerina Shekhtman, Irina Sergeeva</i></p> <p>How to build a strong confidence during pregnancy and birth? What helps and what disturbs? The workshop will be interesting for doulas and moms!</p>	<p>Wimyn's Circles: how to begin. (Part 3) <i>Sister MorningStar and Katerina Perkhova</i></p>
20:00-21:00	<p>The Cabaret <i>Elena Skoko</i></p> <p>Songs, dances, performances: show your talents! It will be fun!</p>	

17 June, Saturday	Big Hall	Red Tent
09:00-12:00	<p>Birth tourism: a new trend <i>Sister MorningStar, Elena Skoko, Natalia Kotlar, Katerina Vard, Katerina Perkhova and Valeria Zhemchug</i></p> <p>Indonesia, the United States, India, Egypt, the Dominican Republic, Europe... Why our pregnant women flying to the other end of the Earth to give birth to their child? We will discuss political, philosophical and legal issues, as well as talk about the practical part of childbirth abroad. Experienced moms and midwives will share with you their secrets and useful tips for parents and professionals!</p>	<p><u>сертификационный курс</u> Placenta Encapsulation & Postpartum Doula: Introduction <i>Amanda Johnson</i></p> <p>IPPA offers an incredible, in depth placenta encapsulation training with the option to certify. We will talk about postpartum doula services, placenta encapsulation and other preparation techniques, belly binding, postpartum nutrition, breastfeeding support, sealing ceremonies and more!</p>
12:00-13:30	<p><u>break</u></p>	
13:30-16:00	<p>Precious Pushing Trainer <i>Katerina Vard</i></p> <p>How to prepare our pelvic floor and vaginal muscles for birth, how to get a breathing and pushing skill and most importantly — combine it with the pelvic floor contractions, how to heal from painful periods, cervical erosion... And much more!</p>	<p>Shoulder Dystocia: a new look <i>Sister MorningStar</i></p> <p>What is the true dystocia, and what is false? What we forgotten between theory and practice? Bring your stories and questions!</p>
16:00-17:00	<p><u>break</u></p>	
17:00-19:00	<p>Doula Meeting: Russian community <i>Katerina Shekhtman, Irina Sergeeva</i></p> <p>At the meeting you will know the latest news about the doula movement in Russia and will meet new members of the Professional Doula Association!</p>	<p>Placenta Encapsulation: Russian experience <i>Valeria Zhemchug</i></p> <p>Personal experience of using the placenta after childbirth. Placenta in Russia as a medicinal product. Personal experience placental business. Features of the legislation and the Russian mentality. Unique compounds. The main questions for those who want to become specialists in encapsulation. All participants will have the opportunity to join the Russian Association of Placental Capsulation Specialists.</p>
19:00-20:00	<p><u>Closing session</u> Bilingual Midwifery: the language of science and the language of love <i>Katerina Perkhova, Sister Morningstar, Virginia Bobro, Elena Skoko, Amanda Johnson, Natalia Kotlar, Katerina Ward</i></p>	