

Certified Course for Guides
The Hummingbird Way International Ministries
Private Members Association



Certification & Completion

Upon completion of this course, you will have:

- Built upon your previous knowledge, skills and experience by learning tools and know how to apply them in your role as a Guide to be able to practise within a Private Members Association..
- Learned how to guide and support women to research their options, to know where useful and relevant information is and to signpost her to that.
- Understood the natural physiological process that birth is and how to support it step by step.
- Gained the necessary tools to provide basic checks that support a woman to know she is low risk, to keep a pregnancy healthy, to notice possible signs that may require immediate medical attention.
- How to respond in the event of an emergency, even resuscitation to save a life.
- Been prepared to begin taking new clients and guiding women through pregnancy, birth and postnatal.



Course Outline

Day 1

Course Opening Ceremony

Welcome & Introduction
Share a dish (potluck)

Day 2 & 3

What is a Conscious Birthing Guide?

We will dive deeper into your role
What's inside your kit bag?
Tools and how to use them
(Ante-Natal care & MEOWS)

Day 4

Pre-Conception

Before a woman is pregnant she may want help to become pregnant

Menstrual Cycle

Connecting to our inner seasons

Conception

Relationship between the menstrual cycle and pregnancy

Day 5, 6, 7, 8 & 9

The Breath of Birth & Beyond

The role of hypnosis in preparation for birth

Phase 1: The Breath

Phase 2: Meeting the Pain

Phase 3: Partners & Planning

Phase 4: Positive Affirmations & Removing Trauma & Programming Anchors

Phase 5: Positioning & Postnatal Haemorrhage preparation

The Breath of Birth includes birth planning, creating a plan B, preparing fathers, rewiring the brain, removing past traumas, re-dreaming etc.

Day 10 & 11

42 day Postnatal Retreat

What does mamma need?

Lactation education
Herbs/tinctures & homeopathy
Nutrition
Role of the After Birth Guide

Baby resuscitation

CPR & First Aid for emergencies

Neonatal Death

What can the Guide do to support the mother of a baby who passes?

Day 12 & 13

Placenta care

The role of the placenta
The benefits of a lotus birth
How to care for the cord
What to do with the placenta

Closing the bones

Bringing ceremony to mother to seal her bones, support her healing, celebrate her in her new role as mother as mamma & baby come into their own sovereignty

Day 14

Guiding the guides/Self care

Benefits of Hummingbird mentorship and tips on how to self care & why

Building a Business

How do you work with your clients?
PMAs

Day 15

Closing Ceremony

Share a dish (potluck)
Certificates

We will also include 3 plus days to have antenatal and postnatal clinics with local pregnant and new moms.

**Course schedule is subject to change as we are actively considering the unique and inspiring resources available in Mt. Shasta, CA as well as consideration for the students' interest.*



Course Resources

Book list

will be provided once you enrol. It would be helpful to have one or more of the listed books in your collection for your use and reference when guiding women.

Videos to watch

The video list will be provided by email later also when to watch the videos, which may be individually or together. We will hold an informal chat about what we watch.

Membership

A PMA is simply a form of a Private Association. These are commonly known as a Private Association, Health Association, or Private Membership Association.

A Private Membership Association (“PMA”) is men and woman collectively asserting and standing upon their rights to determine what devices, products, procedures, or services will be used by them to maintain the health of their own body, mind or spirit; and Men and women collectively asserting and standing upon their right to Provide and share, legal and lawful services, procedures, advice, counsel, tips and any other information or services which may be deemed beneficial to Association members and freely share, discuss, and obtain, exchange, view and/or use information and services by members of the Association, and the right to determine for ourselves which products, services, tips, advice, and counsel is most beneficial to us without the information being censored through regulation or restriction upon these rights

What's Next?

Sign and return the membership form for The Hummingbird Way International Ministries PMA. The course price offers are only available to members, however you can become a member even if you are not taking the course.

To Take this Transformational Course

Complete and return the application form, choose the price plan for you and then make the payment!

We look forward to receiving you in August in Mt Shasta, venue tbc.

Thank you!

Any Questions please email cbgenquiries@ourhummingbird.co