

## Class Details

### Class Schedule

Classes are held once or twice a month, on Saturdays from 1 PM to 5 PM.  
please [scan the QR code below](#) to check the detailed schedule.

### Class Fees

Class A: 150,000 KRW (plus 50,000 KRW for class materials)

Class B: 150,000 KRW (plus 50,000 KRW for class materials)

### Location & Parking

#### Class Location

Education Center 2F, 34-6, Seochojungang-ro 20-gil, Seocho-gu, Seoul  
(서울시 서초중앙로20길 34-6 썬라이즈빌딩 2층, 자연스러운탄생)

#### Parking

Available at Houm Clinic Building B2~B5  
(Parking is not available at the Education Center.)

### Registration

If you want to register for our classes,  
please fill out this application form.



Scan the QR

## Childbirth Class

At Houm, we understand that becoming a parent is a life-changing experience. We're here to support you every step of the way, ensuring you feel confident and ready as you approach childbirth.

We're excited to offer our comprehensive childbirth classes, designed to help you prepare for the exciting journey ahead.

Our classes include:

- Class **A** Evidence Based Birth<sup>®</sup> Childbirth Class
- Class **B** Body Ready Method<sup>®</sup> Preparing Your Body for Birth

\* All classes are conducted by a certified instructor trained in registered programs.

These classes are here to help make your birthing experience smoother and more comfortable.

## About Classes

### When to Start

We recommend starting these classes around 20 weeks of pregnancy, along with your partner. This timing ensures you have plenty of time to absorb the information and practice the techniques before your due date.

### **A** Evidence Based Birth® Childbirth Class 4 hours

Evidence Based Birth is a trusted source for childbirth education. This class integrates up-to-date, evidence-based information to prepare expecting parents for the journey of labor, childbirth, and newborn care.

**Recommended for:** First-time parents

### What You'll Get

#### 1. Guidance from an Expert

Learn from Dayana Harrison, a certified doula, Evidence Based Birth Instructor, Pelvic Floor Trainer, and a student Midwife.

#### 2. Hands-On Practice

Attend in-person sessions where you and your partner can practice essential labor techniques.

#### 3. Online Learning

Enjoy five weeks of engaging online videos to prepare you and your partner for labor and beyond.

#### 4. Breastfeeding and Newborn Care

Get ready for your baby's arrival with our comprehensive resources on breastfeeding and newborn care.

#### 5. Extended Access

Access all online materials for a period of three to six months, allowing you to review and refresh your knowledge as needed.

#### Bonus Perk (Lending Library)

Gain access to the exclusive collection of books, carefully curated to support your journey through pregnancy and parenthood by your instructor.

### **B** Body Ready Method® Preparing Your Body for Birth 4 hours

Body Ready Method prenatal class helps you to stay strong, comfortable, and ready for birth. Designed by experts, the class focuses on pelvic mobility, pelvic floor preparation, and positioning.

**Recommended for:** All pregnant couples, including first-time and experienced parents.

### What You'll Learn

#### 1. Movement for a Healthy Pregnancy

Discover safe and effective exercises to keep your body strong and flexible throughout your pregnancy. Learn how to alleviate common pregnancy discomforts, such as back pain, swelling, and pelvic pressure.

#### 2. Preparing for Birth

Get your body ready for labor and delivery with targeted exercises that promote optimal baby positioning. Understand how your body changes during pregnancy and how to work with those changes for a smoother birth experience.

#### 3. Mind-Body Connection

Explore techniques to manage stress and connect with your body during pregnancy. Learn breathing and relaxation methods to use during labor and delivery.

