

## Other Services

Pregnant Body Balancing  
Pelvic Balancing  
Breech Balancing

Helping you seek out restrictions in muscles, ligaments, and fascia that cause tension and pain, and through space-holding, movement, gentle jiggling, and positions assisted by gravity, provide opportunity for spontaneous change to a more optimal fetal position, reduce pain, improve sleep, increase comfort in pregnancy and ease in labor and birth.

[pinkpeas.org/balance](http://pinkpeas.org/balance)



Do you have a question about pregnancy, labor, birth, breastfeeding, or parenting?  
**Phone a friend!**



**Pinkpeas**

702-822-BABY  
[pinkpeas.org](http://pinkpeas.org)

Pinkpeas is a Christian Pregnancy and Parenting Care organization providing information, support, and care to mothers and families, with two locations in southern Nevada:



7455 W Azure Dr # 120  
Las Vegas NV 89130  
in the office of  
Chiropractic for Life



1535 W Warm Springs Rd # 135  
Henderson NV 89014  
in the office of  
True Health Acupuncture

**I was referred by:**

# Education for Childbirth Breastfeeding & Parenting



**Pinkpeas**

702-822-BABY

[pinkpeas.org](http://pinkpeas.org)



## Spinning Babies® Birth Preparation

You and your partner receive hands-on help learning Spinning Babies®

Three Balances™ techniques – forward leaning inversion, the jiggle, and side-lying release, as well as daily activities and techniques, so that you can Move Smart™ and Rest Smart™ in pregnancy and labor.

[pinkpeas.org/spinning-babies](http://pinkpeas.org/spinning-babies)  
Couples Class 3.5 hours \$200



## Body Ready Birth® Workshop

– Muscle-Memory –  
How do you get it?

This interactive, movement-based workshop helps to put memory in your muscles and your mind. Partners learn hands-on techniques and positions they can use during labor to support you to intuitively move to create more space in your pelvis, to help baby progress more easily, for your most efficient birth.

[pinkpeas.org/body-ready-birth](http://pinkpeas.org/body-ready-birth)  
Couples Class 4.5 hours \$285

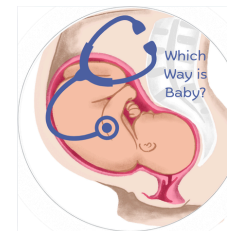


## The Bradley Method® of Husband-Coached Childbirth™

**The GOLD STANDARD of  
childbirth classes!  
Natural childbirth!**  
– Over 86% of Bradley Method™  
moms having vaginal births do  
so without pain medication.

Comprehensive 12-week classes focus on natural childbirth, nutrition, and partner involvement. Classes are small (up to 8 couples), meeting weekly teaching relaxation, deep abdominal breathing, and labor positions to prepare for a low-intervention birth. It is recommended to start these classes around the fifth or sixth month of pregnancy. Empowers parents with knowledge to work with your body to manage pain without medication and avoid cesarean sections.

[pinkpeas.org/bradley-method](http://pinkpeas.org/bradley-method)  
Couples Class 12 weeks \$400



## Which Way is Baby?

Head-down? Breech?  
Anterior? Posterior? Left?  
Right? What do baby's  
kicks and wiggles tell you?

Where is baby's heartbeat the strongest? Learn the What, Where, and Why of baby positioning. A FETOSCOPE is included.

[pinkpeas.org/which-way-baby](http://pinkpeas.org/which-way-baby)  
Couples Class 3 hours \$200



## Comfort & Connection

Cloth wraps have been used for supporting and carrying in every culture since before known history. Learn how to use a wrap for labor and birth support, as a baby carrier, and for whole-family comfort & connection. Your choice of a ring-sling or rebozo is included.

[pinkpeas.org/comfort-and-connection](http://pinkpeas.org/comfort-and-connection)  
Couples Class 3 hours \$200

## La Leche League

FREE breastfeeding help, peer-to-peer support, encouragement, and education.

[lalecheleague.org](http://lalecheleague.org)  
Monthly 1.5 hours FREE



Buy one class, get all others of equal or lesser value for half price, or get "The Whole Enchilada" for \$600

Learn more at [pinkpeas.org/breathe](http://pinkpeas.org/breathe)