

*Ecstatic Birth's*  
PRACTITIONER  
WORKSHOP

**Transforming Birth from  
Pain to Pleasure**

**Video 1 Worksheet**

## Transforming Birth from Pain to PLEASURE

Are you all in for transforming the landscape of birth from pain to pleasure?

Why or why not?

As a birth practitioner you are in a unique position to elevate the experience of every woman you work with towards

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ &  
\_\_\_\_\_.

How often do you witness birthing women having these experiences?

What are the conditions most women are giving birth in today that are perpetuating the cycle of pain? **What are we NOT honoring?**

The precise move we need to make to transform birth from pain to pleasure is to acknowledge birth as an inherent part of women's \_\_\_\_\_.

This powerful shift to reclaim pleasure in birth begins with YOU and your relationship to you body.

Are you willing to reclaim sexuality as an integral and sacred part of your being?

Why or why not?

\_\_\_\_\_ is the most holistic birthing tool there is!

How does pleasure support the birthing process?

How does fear counter the birthing process?

Pleasure triggers \_\_\_\_\_ flow in the body.

Sexual pleasure enables our vaginal tissues to

\_\_\_\_\_.

Pleasure is not frivolous. It is an \_\_\_\_\_ part of our birthing body's design!

Pleasure can be sourced in childbirth in two ways- from outside and from within-

What are some ways you can bring pleasure into the birthing room?

For you:

For your clients:

The second way to source pleasure is from within our bodies, to learn to feel and open to the flow of pleasure that is ALWAYS available to us within our bodies.

What are 3 benefits to taking a sensual expansion journey?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Are you willing to commit to this journey for yourself, first and foremost?

If you said YES--- **Woooohoooo!!!**

The next video in this series, "**How to Access Ecstasy**" will get you started.

*(If your honest answer here is "no" I invite you to consider that **our deepest power lies in the places we have been taught to resist....** Please do give yourself the gift of exploring your resistance.)*