

Ecstatic Birth's
PRACTITIONER
WORKSHOP

**Transforming Birth from
Pain to Pleasure**

Video 2 Worksheet

How To Access Ecstasy in Birth

The major shift we each need to make to be more effective in the birthing room is to _____

A birthing woman can't think her way through birth, she needs to _____ her way through!

How does your body communicate its needs to you?

(Hint: The language of the body is _____. It communicates this via your _____ sense.)

Are you ready to commit to your own Sensual Expansion?
Why or Why not?

How does learning to access the flow of pleasure in YOUR body benefit YOU both in and out of the birthing room?

How does learning to access the flow of pleasure in YOUR body benefit YOUR CLIENT both in and out of the birthing room?

What does your body feel like before beginning the body practice?
What sensations are alive for you?

What does your body feel like after doing the body practice?
What sensations are alive for you?

Could you feel how simple it is to experience pleasure when you move your energy from your head into your body?

Yes

No

What is the most powerful move we can make as birth practitioners to empower our clients in **Ecstatic Birth** and also to nourish ourselves?