



WHICH CLASS IS RIGHT FOR ME?

Topics + Features	On-Demand	3-Class Series*	Weekend Intensive	One-Day Condensed
Length of Class	8+ hours	8.5 hours over 3 days	10 hours over 2 days	6.5 hours
Location	Self-Paced Online	Online NYC SLC	NYC SLC	NYC
Investment	\$195	\$350 - \$495	\$425 - \$495	\$325 - \$395
Anatomy and Physiology of Birth	✓	✓	✓	✓
5 Key Partner Responsibilities	✓	✓	✓	✓
Water Breaking	✓	✓	✓	✓
Timing Contractions	✓	✓	✓	✓
Getting to the Hospital	✓	✓	✓	✓
Common Medical Interventions	✓	✓	with conversation	✓
Laboring with an Epidural	✓	✓	with conversation	✓
Labor Induction	✓	supplemental video lessons	✓	supplemental video lessons
Breath Work	✓	practice	practice	some + supplemental video lessons
Labor Positions	✓	practice	practice	some +, supplemental video lessons
Massage+ Comfort Measures	✓	practice	practice	some +, supplemental video lessons
Pelvic Floor Preparations for Pushing	✓	practice	practice	varies, supplemental video lessons
Pushing Techniques	✓	practice	practice	✓
Cesarean Birth	✓	supplemental video lesson	✓	supplemental video lesson
Postpartum Planning				

Postpartum Planning, Newborn Care, and Lactation are offered as individual classes or as a 3-Class Bundle. These topics are not included in our Childbirth Education Classes.

Our 3-Class Series is broken up into 1) Labor + Delivery, 2) Comfort + Coping, and 3) Push Prep. These classes are available a la carte on a limited basis for folks looking for a deep dive into one topic, though we strongly encourage all first time parents to invest in the full series for a comprehensive understanding of the process.