



Birth preparation weekend (Sülz)

Kurs / Workshop

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This weekend course offers intensive preparation for birth for people from all over the world.

Diverse information about birth, postpartum, and life with the baby are essential elements of the course. Breathing and relaxation exercises, correct posture and supportive massages are the practical parts of the course.



Pregnancy and birth are profound life experiences - also for the partner. Being informed about the adventure of birth and parenthood helps to experience this time consciously and confidently. The role of partners during birth and the time after is also a topic.

You can attend on your own or with your partner!

Costs are covered by your health insurance - except the fee for the partners: 145 €: the fee is to be paid in cash at the start of the course.

The course is held on Saturdays and Sundays from 10-17 hrs.

Wann?

Termin(e)

Course 1: 15.02 - 16.02.2025 Course 2: 28.06 -
29.06.2025 Course 3: 13.09 - 14.09.2025

Angebotstermin

Von 02.12.2024 (Uhr) bis 13.09.2025 (Uhr)

Wo?

Praxisräume am

Hermeskeiler Platz 12
50935 Köln

Trägerschaft

Art des Trägers

Freier Träger