



What You're Getting Into



Expecting moms in their 24th week through their third trimester should check out the new **Childbirth Education Series** at **Harlem Yoga Studio** (44 W. 125th St.). Led by **My Loving Doula Birth Services** founder Myla Flores (she's a doula, certified Lamaze Childbirth Educator, and Lactation Counselor), the interactive course reviews labor and various positioning and breathing techniques for the birthing process. It covers holistic methods of encouraging labor and understanding medical inductions, and offers tips for communicating with your birthing partner, hospital staff, and other providers, all through open discussion and visual aids. Partners are welcome but not mandatory. The next three-week workshop is on Fridays 7/8, 7/15, and 7/22 from 6pm to 9pm. It costs \$300; **register online.**