



BirthLore Classes Information

Description of Classes: <https://birthlore.com/classes/>

PRIVATE IN YOUR HOME CLASSES

Class Name	Hours *	Location	Cost
Childbirth Preparation with Comfort Measures Practice	8-10 hours	In your home	\$75 an hour if paid by cheque or Zelle \$70 an hour if paid in cash 3% added fee for PayPal
Stages of Labor & Coping Techniques Only	3.5-4 hours	In your home	Travel fees apply if round trip driving is more than 40 minutes to your home. I am based in Vancouver
Refresher Class/VBAC	4-6 hours	In your home	(Orchards) WA. \$35 for for every added 30 minute increments.
Baby Care Class	3-4 hours	In your home	
Feeding Baby Class	3-4 hours	In your home	

* Why is it a range and not set hours? When meeting privately, the time spent on topics will depend on your questions and breaks you might need. If you wish we can have a hard limit time, and I will cover as much as possible in that time period.

HYBRID CLASSES- Watch self-paced prerecorded videos with a scheduled Zoom meeting to answer questions.

Class Name	Hours	Location	Cost
Childbirth Preparation	8 hours of videos + 2- 1 hour Zooms	Videos & Zooms	\$220 cheque, Zelle, 3% added fee for PayPal
Refresher Class/VBAC	4-6 hours of videos + 1 hour Zoom	Videos & Zoom	\$110 cheque, Zelle, 3% added fee for PayPal
Baby Care Class	3 hours of videos + 30 minute Zoom	Videos & Zoom	\$75 cheque, Zelle, 3% added fee for PayPal
Feeding Baby Class	3 hours of videos + 30 minute Zoom	Videos & Zoom	\$75 cheque, Zelle, 3% added fee for PayPal

Ready to book classes? Send an email to heather@birthlore.com

With the following information: Name, pronouns, email AND phone, your zip code, classes you are interested in, when you would like to have the classes (specific dates/times, or general availability).

I do not sell or give away your information and promptly delete your personal information once services are completed.