

*You are invited to attend
the second screening of
“Orgasmic Birth”
(the best kept secret!)*

A documentary that examines the intimate nature of birth and the powerful role it plays in women's lives when they are permitted to experience it fully.

Hosted by: Mamatoto Resource and Birth Centre
On: Monday 2nd November 2009 at 6pm
Venue: 32-34 Clifford St, Belmont, Port of Spain
Tickets **\$50.00** – book early! Limited places...
Tel: 621 2368
Email: info@mamatoto.net

Orgasmic Birth is a new documentary film by internationally respected educator, doula, and birthing expert Debra Pascali-Bonaro, dismantles untruths about labour and birth that women have been (mis)led to believe for generations.

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“It is possible to have an ecstatic birth – in fact it's the best natural high that I know of. And these states of consciousness are best reached when a woman is fully aware and fully awake. Women don't have a way to know how their body works until they really try it out in birth. I think that women can be just completely surprised by the change in them from giving birth – you have something powerful in you – that fierce thing comes up – and I think babies need mothers to have that fierceness – you feel like you can do anything”

Ina May Gaskin – world renowned midwife