



## A dance of life

Antenatal pathways for mums and dads  
A joyful relational journey to get  
prepared for the bigger one, together.

*A dance of life* is not an ordinary antenatal course. It's a relational pathway for birth partners, to walk together from the couple to the family dimension. Seven sessions conducted in a small group, with a curious, playful and respectful approach.

To find out more about this course or  
to book your place for the taster session  
visit my website

Personal Journey and Family Tales  
[pjft.co.uk/new-parents](http://pjft.co.uk/new-parents)

or contact me

[francesca.pigni@gmail.com](mailto:francesca.pigni@gmail.com)

*Take a look at the sessions*

*Free taster session (but please book your place)  
to decide if this is good for you:*

Our baby before birth, prenatal life and changes in mum  
and dad with pregnancy and birth

- One, two, three: From individuals to couple, to family
- Families and roots: Looking back to go ahead
- The gift of life: Labour and birth
- At home with our baby: Routines and safe practices for a healthy start
- A gift for life: Breastfeeding and nutrition
- A whole village to raise a child: The people and services around us
- At home with our baby... for real! (*meeting after birth*)

Free taster session

SUNDAY

3

APRIL  
@ 3 pm

Waterside Centre  
SE25 4DX

(Tea will follow!)