



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!

The costs are covered by your health insurance - except for the partners fee. You must transfer the partner fee of €145 in advance to the midwives bank account. You will receive an email from her with all details of the course.

The course will be held Saturday from 10-17 and Sunday from 9:30 - 16:30 hrs (unless otherwise specified).

Termin(e)

Course 1: 04.10. - 05.10.2025

Course 2: 06.12. - 07.12.2025

Course 3: 10.01. - 11.01.2026

Course 4: 07.02. - 08.02.2026

Angebotstermin

Von 02.12.2024 (Uhr) bis 13.09.2025 (Uhr)

Praxisräume am

Hermeskeiler Platz 12
50935 Köln

Art des Trägers

Freier Träger

Durchführende Organisation

Kölner Geburtshaus e.V.

Bergstraße 36
50739 Köln

Telefon

0221 - 1680 0730

Email

info@koelner-geburtshaus.de

Link Anbieter

[Weiter zur Homepage des Anbieters](#)

Alle Angebote dieses Anbieters

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