

Have you thought about how you would like the birth of your baby to be?

Do you know your options of comfort, exercises, positions etc through the process of birth?

Do you have the right information to make informed choices through pregnancy and birth?

How can water help you with managing pain and birthing your baby?

How best can your birth partner support you in this process?

Be more empowered and confident through your beautiful phase of pregnancy and parenthood by attending our “Birth Without Fear” childbirth classes



Greetings to all from Fernandez Foundation!

For Registrations, please contact +91 73373 20895 | 040 40222397

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