

## Feedback from couples who attend the Lamaze Getaway Weekend!

Rosalys,

Matty and I can't thank you enough for the wonderful weekend. We feel SO good about the birth experience now – very prepared, educated, excited and focused! Whereas before we were nervous, confused and overwhelmed. It's truly amazing the strength of your teaching, preparation, methodology, content, interactive approach – I really couldn't be more impressed. I got a “fancy” education with my MBA so feel like I'm a good judge ;)

Thanks again – I'll be referring you all over the place and will keep in touch.

Sara



Rosalys,

Todd and I both are so grateful for the childbirth Lamaze Getaway class. The weekend was so much more than we hoped in every positive way and we came home feeling ready, actually ready, for our little girl to come.

The combination of videos, group work, simulation and listening was perfect for us and we never imagined we would have also gained new friends—much of which I think is due to your leadership and encouragement from the first minute we all sat down on Friday night.

I really appreciated your ability to present information unbiased and holistically without being cold and distant; in fact, your warmth and excitement about birth definitely eased our fears and allowed us to start envisioning the birth experience we'd like to have.

I will recommend you and this class to everyone I know and hope to see you again soon.

Thank you so much!

With Gratitude, Mia



Rosalys,

Thanks you so much for the wonderful experience Brendan and I had at the Lamaze class. We came away from it feeling more ready for labor the second time around, more

connected to each other and with the great feeling of having made a new group of parent friends we look forward to seeing again. It is clear that you have put a lot of care, thought and heart into your planning and teaching for this class. We just wanted you to know that we appreciated your efforts so much and they made for a very empowering preparation for us. The role you played was a very comforting, inspiring and encouraging one. We hope to see you at the reunion.

Thanks so much, Kyna and Brendan



Initially we came to the Getaway thinking that this weekend class would be easiest for us with work schedules. We now feel that it was so beneficial to learn everything all at once rather than spread out over 6 weeks.

Came to this class expecting that I would absolutely use medication and now I feel like I have techniques and methods, so that I may be able to do this un-medicated.

It was a wonderful experience for us as a couple. My husband is very quiet, shy, reserved and being around other couples and dads it really helped him open up to the idea of being very involved.

I will tell my friends that this is a great experience and I feel so prepared!

Heidi



I think all birth classes should be taught in this format---for all first timers! Really appreciate the emphasis on successful birth and pressure vs. pain---most stories I hear seem to involve complications. Mom

I thought that your class was very informative and alleviated a lot of my fears. The cost was very reasonable and the class was well worth the money. I look forward to the reunion and seeing all of the babies.

Dad



Rosalys is fun to talk to and listen to. She's extremely knowledgeable and teaches the information clearly and comfortably. The class demystified many of our questions and talking to other couples in similar situations was really nice. The entire weekend was

relaxing. Illahee Manor was a great place to escape----beautiful, charming and relaxing. We really needed it!

Lamaze Getaway Weekend Graduate



Rosalys,

I really appreciated your teaching style, the way you solicited comments and input from everyone in the class. I also appreciated your balanced views on the medication issue. And I found it reassuring that you emphasized that nurses and doctors generally want to work with the mother and handle the birth the way she wants to handle it. (Contrasting that with the perspective of some of the natural childbirth books and proponents who have nothing but scary stories of how the medical establishment is out to get mothers.)

Thanks, Lamaze Getaway Weekend Graduate



Our overall experience was excellent. We arrived with uncertain expectations and didn't realize how much we would enjoy the class. We have been impressed by the reservation process, the accommodations, by the class structure and information. It has been a rewarding experience. We both leave with a better education and less fear of the inevitable. We thoroughly enjoyed the class.

Thank you, Lamaze Getaway Weekend Graduate.



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