

## WINTER 2019 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 1</b>			
January 3	January 4 – ROOM	January 5 – ROOM	January 6 – ROOM
	<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Energetics of Doula work</b> 9:00am-12:00pm <i>Dr. Jeannie Achuff</i>	<b>Holistic Nutrition</b> 9:00am-12:00pm <i>Dr. Carrie Watkins</i>  <b>Yogatherapy for Doulas</b> 1:00pm-5:30pm <i>Alyssa Klazek</i>
<b>Week 2</b>			
January 10 – ROOM	January 11 – ROOM	January 12 – ROOM	January 13 – ROOM
<b>Research &amp; Presentations</b> 3:00pm-7:00pm <i>Laura Interlandi</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9:00am-5:00pm <i>Celina Lyons</i>	<b>Intro to Family Support</b> 9:00am-12:00pm <i>Malcolm Clark</i>  <b>Tai Qi for Doulas</b> 1:00pm-5:30pm <i>Malcolm Clark</i>
<b>Week 3</b>			
January 17 – ROOM	January 18 – ROOM	January 19 – ROOM	January 20 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9:00am-5:00pm <i>Lehe Spiegelman</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9:00am-5:00pm <i>Lehe Spiegelman</i>
<b>Week 4</b>			
January 24 – ROOM	January 25 – ROOM	January 26 – ROOM	January 27 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9:00am-12:00pm <i>Celina Lyons</i>  <b>Doula Training &amp; Ethics</b> 1:00pm-5:00pm <i>Michelle Maclean</i>	<b>Intro to Herbal Medicine</b> 9:00am-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
<b>Week 5</b>			
January 31 – ROOM	February 1 – ROOM	February 2 – ROOM	February 3 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Homeopathy for Pregnancy, Birth &amp; Postpartum</b> 9:00am-5:00pm <i>Dr. Aditi Holden</i>	<b>Homeopathy for Pregnancy, Birth &amp; Postpartum</b> 9:00am-5:00pm <i>Dr. Aditi Holden</i>
<b>Week 6</b>			
February 7 – ROOM	February 8 – ROOM	February 9 – ROOM	February 10 – ROOM
<i>No class</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Tai Qi for Doulas</b> 9:00am-12:00pm <i>Malcolm Clark</i>  <b>Intro to Family Support</b> 1:00pm-5:30pm <i>Malcolm Clark</i>	<b>Doula Training &amp; Ethics</b> 9:00am-5:00pm <i>Michelle Maclean</i>
<b>Week 7</b>			
February 14 – ROOM	February 15 – ROOM	February 16 – ROOM	February 17 – ROOM
<b>Research &amp; Presentations</b> 3:00pm-7:00pm <i>Laura Interlandi</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<i>No class</i>	<b>Yogatherapy for Doulas</b> 9:00am-5:30pm <i>Alyssa Klazek</i>
<b>Week 8</b>			
February 21 – ROOM	February 22 – ROOM	February 23 – ROOM	February 24 – ROOM
<i>Reading Break</i>	<i>Reading Break</i>	<i>Reading Break</i>	<i>Reading Break</i>
<b>Week 9</b>			
February 28 – ROOM	March 1 – ROOM	March 2 – ROOM	March 3 – ROOM
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9:00am-5:00pm <i>Lehe Spiegelman</i>	<b>Intro to Herbal Medicine</b> 9:00am-5:00pm <i>Amy Klazek</i>

## WINTER 2019 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 10</b>			
March 7 – ROOM	March 8 – ROOM	March 9 – ROOM	March 10 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Business Skills for Doulas</b> 9:00am-5:30pm <i>Arwen Brenneeman</i>	<b>Holistic Nutrition</b> 9:00am-12:00pm <i>Dr. Carrie Watkins</i>  <b>Intro to Family Support</b> 1:00pm-5:30pm <i>Malcolm Clark</i>
<b>Week 11</b>			
March 14 – ROOM	March 15 – ROOM	March 16 – ROOM	March 17 – ROOM
No class	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 9:00am-5:00pm <i>Michelle Maclean</i>	<b>Holistic Nutrition</b> 9:00am-12:00pm <i>Dr. Carrie Watkins</i>  <b>Tai Qi for Doulas</b> 1:00pm-5:30pm <i>Malcolm Clark</i>
<b>Week 12</b>			
March 21 – ROOM	March 22 – ROOM	March 23 – ROOM	March 24 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Energetics of Doula work</b> 9:00am-12:00pm <i>Dr. Jeannie Achuff</i>  <b>Energetics of Doula work</b> 1:00pm-5:30pm <i>Dr. Jeannie Achuff</i>	<b>Tai Qi for Doulas</b> 9:00am-12:00pm <i>Malcolm Clark</i>  <b>Intro to Family Support</b> 1:00pm-4:00pm <i>Malcolm Clark</i>
<b>Week 13</b>			
March 28 – ROOM	March 29 – ROOM	March 30 – ROOM	March 31 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Yogatherapy for Doulas</b> 9:00am-12:00pm <i>Alyssa Klazek</i>  <b>Energetics of Doula work</b> 1:00pm-5:30pm <i>Dr. Jeannie Achuff</i>	<b>Intro to Herbal Medicine</b> 9:00am-5:00pm <i>Amy Klazek</i>

Thursday	Friday	Saturday	Sunday
<b>Week 14</b>			
April 4 – ROOM	April 5 – ROOM	April 6 – ROOM	April 7 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Holistic Nutrition</b> 9:00am-12:00pm <i>Dr. Carrie Watkins</i>  <b>Holistic Nutrition</b> 1:00pm-5:30pm <i>Dr. Carrie Watkins</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 9:00am-12:00pm <i>Dr. Carrie Watkins</i>  <b>Holistic Nutrition</b> 1:00pm-5:30pm <i>Dr. Carrie Watkins</i>
<b>Week 15</b>			
April 11 – ROOM	April 12 – ROOM	April 13 – ROOM	April 14 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Fundamentals of Anatomy &amp; Physiology</b> 3:30pm-6:30pm <i>Dr. Carrie Watkins</i>	<b>Business Skills for Doulas</b> 9:00am-5:30pm <i>Arwen Brenneeman</i>	<b>Research &amp; Presentations</b> 9:00am-5:00pm <i>Laura Interlandi</i>
<b>Week 16</b>			
April 18 – ROOM	April 19 – ROOM	April 20 – ROOM	April 21 – ROOM
<b>Doula Training &amp; Ethics</b> 3:30pm-6:30pm <i>Michelle Maclean</i>			
<b>Program Total</b>			
Doula Training & Ethics			48 hours
Intro to Midwifery and Primary Health Providers			21 hours
Fundamentals of Anatomy and Physiology for Doulas			45 hours
Intro to "Family Support" for Doulas			15 hours
Intro to Herbal Medicine for Doulas			21 hours
Tai Qi for Doulas			15 hours
Holistic Nutrition for Pregnancy and Childbirth			21 hours
Acupressure for Pregnancy and Childbirth			10 hours
Yogatherapy for Doulas			15 hours
Energetics of Doula Work			15 hours
Homeopathy for Pregnancy, Birth and Postpartum			14 hours
Doulas Research and Presentations			15 hours
Business Skills for Doulas			15 hours
<b>Total</b>			<b>270 HOURS</b>