Empowerment through Education Program for midwives
"Ijatz Saq'il ~ Semillas de Luz"

San Marcos la Laguna, Guatemala
13th of January - 29th of June 2024
Total classes: 25
Modules: 5

Module 1: the midwife as guide and leader in the community
- *13th of January*: Opening ceremony & presentation
- *20th of January:* The sacred "Chum'il'al" (the Sacred Gift) and the Mayan Cosmovision: the challenge to integrate in modern-day life
- *27th of January:* Finding and Awakening the "Chum'il'al" (the Sacred Gift)
- *3rd of February:* The Community Spirit: Women and their place in the community.

   4 Classes
   Full program price: $3500
   Full module price: $640
   Price per 3 classes: $525
   Price per 2 classes: $375
   Price per 1 class: $200

Module 2: Phytotherapy, medicinal plants and Nutrition
- *10th of February:* Medicinal Plants (1): how the grandmothers worked (oral tradition, dreams, practice) - focussed on the sexual and reproductive health of women
- *17th of February:* Medicinal Plants (2): Modern herbolario & elaboration of medicines - focussed on the sexual and reproductive health of women
- *24th of February:* Cures for newborns & traditional illnesses as evil eye, susto, etc
- *2nd of March:* Nutrition during pregnancy and postpartum (ancestral foods)

   4 Classes
   Full program price: $3500
   Full module price: $640
   Price per 3 classes: $525
   Price per 2 classes: $375
   Price per 1 class: $200

Module 3: Ancestral therapeutic and healing practices
- *9th of March:* Birth Craft Skills share with Claire Eccleston
- *16th of March:* Plant medicine walk with Tata Luis
- *23rd of March:* Plants and diagnoses with Tata Luis
- *30th of March:* Sobada and massages with Mariu and Dona Dominga
- *6th of April:* Tuj/Traditional temazcal

5 Classes

Full program price: $3500
Full module price: $790
Price per 4 classes: $640
Price per 3 classes: $525
Price per 2 classes: $375
Price per 1 class: $200

Module 4: Modern-day knowledge for Pregnancy, birth & postpartum

- *13th of April*: The placenta in the Mayan cosmovision & the faja - closing the postpartum body
- *20th of April*: The Anatomy & Physiology Birth: physiological, vertical birth, obsolete obstetric practices
- *27th of April:* Biochemistry & Physiology of pregnancy, birth & postpartum with Claire Eccleston
- *4th of May:* Neonatal resuscitation with Claire Coller
- *11th of May:* Prevention & Holistic treatments of tears

5 Classes

Full program price: $3500
Full module price: $790
Price per 4 classes: $640
Price per 3 classes: $525
Price per 2 classes: $375
Price per 1 class: $200

Module 5: Modern midwifery medicine and diagnostics

- *18th of May:* Extraordinary births: breech birth
- *25th of May:* Premature infant care
- *1st of June:* Prenatal care & fetal monitoring
- *8th of June:* Injections and intravenous serum application
- *15th of June:* Laboratory results and examinations
- *22nd of June:* Pelvimetrics & touches

6 Classes

Full program price: $3500
Full module price: $912
Price per 5 classes: $790
Price per 4 classes: $640
Price per 3 classes: $525
Price per 2 classes: $375
Price per class: $200

29th of June: Final closure & Ceremony
Open to ALL students who participated

<u>*We consider offering discounts if you can answer one of the questions below..:*</u>
- *(1) Are you a (becoming) Latina midwife or birthworker?*
- *(2) Are you a single low-income mother on your path of becoming a midwife/doula?*
- *(3) Do you have indigenous roots and are you on the path of birth?*

Please, only reach out to discuss a discount if you fall in one of the (3) groups above, noting the following:

With your contribution to joining (parts of) the Empowerment through Education program, you are sponsoring local midwives to join the program for free. Your contribution also helps us pay the midwives that help with the organization of the Education Program for their time, work and transportation costs. Joining us thus ripples out in the support of the midwives' families and children to be met in their basic needs. All extra proceeds will directly go to pay for the extra-curricular classes and meetings we have with the project.