

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 (about 6hrs per class)

Total modules: 5

Tentative Schedule (open to slight changes)

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

Recordings available?

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) - focused on the sexual and reproductive health of women
- 17th of February: Medicinal Plants (2): Modern herbolario & elaboration of medicines - focused on the sexual and reproductive health of women
- 24th of February: Medicinal Plants (3): Ethnobotanical & herbalist walk - focused on the sexual and reproductive health of women
- 2nd of March: Nutrition during pregnancy and postpartum (ancestral foods)
- 9th of March: Breastfeeding

5 Classes

Recordings available: 10th February, 17th February, 2nd of March, 9th of March

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 3: Ancestral therapeutic and healing practices

- 16th of March: Tuj (temazcal)
- 23rd of March: Newborn care practices (evil eye, susto, healing with eggs, baths, etc)
- 30th of March: Sobadas and massages
- 6th of April: Wrapping and closing up the postpartum body
- 13th of April: The placenta and its significance in the Mayan Cosmovision: how to care for it, practices, etc.

5 Classes

Recordings available: all, except the 16th of March (temazcal day)

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

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

- 20th of April: The Anatomy & Physiology Birth: physiological, vertical birth, obsolete obstetric practices
- 27th of April: Biochemistry & Physiology of pregnancy, birth & postpartum
- 4th of May: Anatomy & the Endocrine System
- 11th of May: Tears and suturing - prevention and holistic treatment
- 18th of May: Extra-ordinary births: the physiology of twin- and breech births

5 Classes

Recordings available: all

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

Module 5: Modern midwifery medicine and diagnostics

- 25th of May: Signs of Danger and Risk factors in pregnancy, childbirth and postpartum - from a holistic perspective. (postpartum hemorrhage, gestational diabetes, preeclampsia)
- 1st of June: Prenatal Care & Fetal Monitoring
- 8th of June: Injections & Intra-venous serum
- 15th of June: Laboratory Exams
- 22nd of June: Pelvimetries & touches: how to, locating the baby's head, risks & alternatives

5 Classes

Recordings available: all, except probably the 22nd of June

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 class:	\$200

29th of June: Final closure & Ceremony

Open to ALL students who participated

We consider offering discounts if you can answer one of the questions below..:

- (1) Are you a (becoming) Latina midwife or birth worker?*
- (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:

Where does the money go to?

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 create a basic income for the local midwives that help with the organization of the Education Program. Joining us thus ripples out in the support of the midwives' families and children to be met in their basic needs. If there are any extra proceeds, this will directly go to pay for the extra-curricular classes and meetings we regularly have with the project.

Do I need to speak and understand Spanish?

The classes are primarily taught in Spanish, as that is the common-ground language from where we all meet. Most of the midwives speak a Mayan language as their primary tongue, but most of them do speak and understand Spanish well. It will be a big PLUS if you can have basic conversations with the midwives and understand the language. However, if you are not at that point (just yet), we are happy to help organize translators. The extra price of this would be split between the participants who need Spanish-English translation, and depends on the costs of the translator hired.

We thank you so much for your interest in joining the program. It will be a beautiful space for inter-cultural learning and sharing. If you have any questions or would like to apply to join (part of) the program, please email us: info@midwifeproject.net

Please include in your application letter:

1. Your name
2. Your intention to join
3. Your previous experience with birth
4. The class(es) and/or module(s) you are interested in joining.