

Press Release

Issued 17 May 2008

Want to know more about waterbirth?

If you're thinking about having a waterbirth, you'll be delighted with a new book, **NEW AQUALIGHT - A HANDBOOK FOR WATERBIRTH** (£4.95)



Read the book to make the best of your birthing pool before, during and after birth. You will find:

- Aqua yoga poses to ease ache and pains during pregnancy
- Relaxing, and stretching technique to ease the birth and open your pelvis in preparation for delivery during the birth
- Ways to introduce your newborn to the joy of water
- And postnatal Aquatone exercises to help you get back in shape.



The first practical, full colour handbook to take you step by step through many useful exercises, all the exercises are presented in sequences that are short, simple, effective and safe.

Colour photographs clearly illustrate the positions and techniques.

Just £4.95, this book will help you make the most of your birthpool, which is why from June, Made in Water will be

including it as a **free bonus gift** with every La Bassine Essential Kit, which contains everything you need for a waterbirth.

Available in the UK from Made in Water,
www.madeinwater.co.uk.

##Ends##



Notes to Editors

1. For media enquiries, email Antonia@acpr.co.uk or call Antonia on 07900 580668.
2. *Made In Water*, 129 Verdant Lane, London SE6 1JE email carine@madeinwater.co.uk
3. *About Françoise Barbira Freedman: A medical anthropologist and yoga teacher, as well as a lecturer on midwifery and women's health, Françoise Barbira Freedman's pioneering interest in pregnancy and childbirth stems from her early anthropological studies in the Amazon. She has written a number of books on prenatal yoga, and is the founder of Birthlight, a charitable trust dedicated to promoting a sensitive approach to pregnancy, birth, and babies. She has four children. Having a background of competition swimming and swimming instructor, she also developed Infant Aquatics and Aqua Yoga programmes, books and videos.*
4. *About Made in Water: The company was founded by Carine Pouypoudat in June 2004, initially focussing on La Bassine, the eco-birthing pool. Since then the range has expanded enormously, so Made in Water now offers everything natural and fair trade for your birth and your baby.*
5. 34 pages / format A5 **ISBN-13:** 978-0955862502
6. *Shipping and delivery: Our birthing pools and pillows are delivered using well known courier. A fee of £10.95 is charged for all such orders. A signature is required at time of delivery. Smaller products such as Earth Mama are sent via Royal Mail (First Class UK only). Orders placed Monday to Thursday before 11am will usually be Next Day Delivery in UK.*