

Canadian Association for Prenatal Education



Our Mission

Improve maternal health

Reduce maternal mortality

- Increase pregnant women's health
- Birth accompaniment

Access to reproductive health

- Adolescent birth education
- Family planning

Ideal Family

Dedicated to the mothers & children of the Kootenays

In association with CAPE, a Charity for Families

Services tailored to your needs

Pregnant women and mothers

Receive high quality treatments to prepare for and recover from childbirth. Increase your health, wellness & wellbeing.

For the whole Family

- Empowering creative workshops
- Family planning, birth preparation
- Learn how nutrition can improve your wellbeing
- Tips and exercises for resolving conflict at home & at work
- Mind and body work to improve your life and / or your pregnancy
- Efficient ways to help your children avoid dropping out of school, violence, depression
- Share experiences

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Ideal Family

For our community



For the
Wellbeing
of our
Community

All our services are by
donation

How does the Ideal Dispensary answer your needs?

FOR MOTHERS AND MOTHER TO BE

- “Wellness sessions” including treatments to balance your body, energy and mind.
- For pregnant women, guided imagery and coaching to connect with your baby in the womb and to increase his/her health during this important developmental period of construction and formation of body and vitality.

FOR MOTHERS, COUPLES, HUSBANDS AND FAMILY MEMBERS

- Tips for working out relational conflicts at home, within your couple, with your children, parents or colleagues.
- Talks and sharing about adolescence, family planning, preconception & pregnancy.

- Practical advice to balance your diet and restore vitality, energy and a healthy weight.
- Creative workshops to reconnect with your own sources of inspiration and to become empowered.
- Meditation, concentration and guided visualization for a positive impact on your life.
- Guided imagery and coaching for pregnant women to connect with your child in the womb and to increase his/her health during this important period
- Routine easy to learn massage practices with your partner and your children.



Our Secret for success ?

1+2+3

1. Heal your Body
through manual
functional medicine &
Bodywork integration

+

2. Balance your Energy
+
3. Master your mind &
resolve your conflicts

=

Lasting health
& wellness!

How to access our Services*

If you are a mother, a mother to be or a family member **in need**, please call the Ideal Wellness Center at (250) 429 3332 to register before 5pm Friday preceding the workshop.

Monthly workshops take place Saturdays or Sundays from 1:30 to 4 pm at 7770 Baynes Lake Rd. in Jaffray, BC.
Minimum of three participants.

See full schedule at idealsociety.org

Experience an extraordinary afternoon!

Parents, grandparents, children welcome!

- **Lectures, workshops and sharing** on nutrition, breathing experiences, body care, general health, family planning, preconception, pregnancy, positive influences, efficient tips for delivery ("Zoya maneuver"), birth, post-partum, baby care. Creativity, psychology & conflict resolution while your children have fun in the tipi
It is time for you to practice and discover simple ways to stabilize your wellness through new ways of living your daily life!

Other services for pregnant women, babies and new mothers

- **Manual functional medicine** through Osteopathy*
- **Bodywork integration** through Touch for Health & Reflexology*
- **Balancing your body** through Energetic & Postural alignment*
- **Coaching*** for pregnant women, mothers, family
It is time for you to receive treatments tailored to your needs. Let us take care of you!

* More about our services

Over 80% of all diseases stem from “**dysfunctional causes**” contrasting with the other less than 20% coming from the physical lesions requiring surgery and/or very specialized medical care.

We treat **babies, pregnant women and mothers** for ailments such as asthma, migraine, insomnia, irritation, skin problems, fibroma, cysts, gynecological problems, grinding teeth (TMJ), sore back and neck, tennis elbow, sciatica, lumbago, sprains, chronic fatigue, fibromyalgia, painful periods, infertility, neurological dysfunctions such as Parkinson’s, polyneuritis, chronic infections, immunity issues, mental and emotional issues, digestive problems such as Crohn disease etc.

Why “functional” medicine? (offered to mothers & babies in the morning)

Functional medicine is integrative and takes into consideration the body as a whole. The body is able to auto-regulate itself when blockages causing it to malfunction are removed.

What is Osteopathy?

Through manual manipulations, the practice of osteopathy releases injuries and stress accumulated in the body since conception. These layers of underlying tensions represent a “history” of the body, making any new injury increasingly difficult to heal over time.

In our bodily tissue is written a biography of our biology; the osteopath is guided by this information to gradually release the “resulting compressions” present in the arteries, nerves, brain, glands, organs, viscera, muscles, joints, fascia, ligaments and bones. As these pressures are released, the body is able to naturally recover from ailments and illnesses through a process of deep auto-regulation resulting in durable health. Typically, only a few sessions are needed to achieve impressive results.

What is Touch for Health?

TFH synthesizes the early AK (Applied Kinesiology) material formulated by Dr. John Thie.

TFH is based on energy balancing, using the same muscle-meridian/organ-gland connections as AK and using the same muscle testing technique.

It is the most widely used system of Kinesiology in the world.

Did you know...

Osteopathy is the hope of functional medicine in Europe and Russia

When the teaching of osteopathy began in universities, it astonished advanced researchers in its ability to strongly activate the inner auto-regulation system of the body due to its stimulating effect on our stem cells.

The best private hospital in the world uses alternative medicine

It is now official that the reason for this success comes from multidisciplinary approaches including in large part holistic therapies such as osteopathy, reflex therapy, kinesiology, visualization, Ericksonian hypnosis, coaching, breathing, Chinese Traditional Medicine and energy work!

Coaching means empowerment!

As a short psychological therapy, its efficiency comes from the secret of stimulating your inner empowerment.

The mission of art is to lift up the human condition above limitations and suffering

Beauty can save the world, so can it not heal?

What is Reflexology?

Reflexology is a way to release the tensions in the body and organs through the stimulation of reflex zones in the feet, hands, ears and head, while helping the body find its own balance.

What is Energetic Balancing and Postural alignment?

An energetic reading of the body is done with a series of informational filters as well as water to balance the subtle body (using the laws of quantum physics and electromagnetism). By meeting the need of the energetic body, the entire physical body can be healed deeply to its roots. This balancing is completed by physical postural adjustments to align the physical structures.

What is Coaching?

Based on the famous Greek psychological therapy (called “maieutic”) and on Neurological Linguistic Programming, coaching is the art of guiding to reposition your own way of living, including habits and relationships, to let your own solutions emerge logically. The coach can then help build strategies that fit and suit your needs and lifestyle. Ericksonian hypnosis, role-play and other techniques are used to change your perspective and anchor new solutions for a better life. This well respected approach helps develop powerful empowerment tools to resolve existential issues to do with love, relationships, work-related challenges, education, illness, addictions and depression by discovering and making the most out of your unknown resources!

Releasing prenatal memories

The Therapy of Intra-Uterine Life invites you to discover your prenatal roots. The nine months preceding birth are crucial in the orientation towards life. Negative experiences such as abortion attempts, previous miscarriage, heavy shocks, experienced by the

parents, can take the growing fetus out of balance and program potential future health issues. This method helps the client to discover unconscious prenatal memories by induction of an alpha-state and reprograms the negative experiences into positive ones. Everyone interested in their prenatal roots is welcome. This method is excellent when preparing conception.

Afternoon art, massage, workshops & lectures

Why practice therapeutic & creative art?

Stress and illness result first from undernourished needs and second from the stifling of natural creative impulses. The practice of an artistic activity is a way to keep illness at bay, as it is an outlet for expression of our deepest potential.

Why learn a routine massage?

To easily release body stress in a fun and relaxing atmosphere.

After a morning of care, potluck sharing, artistic workshops and a routine massage, we will wrap up our journey with talks and workshops focused on personal enrichment.

Why talks & workshops?

Essential concepts must be elucidated and put into practice to change our quality of life and to properly manage family-related challenges through themes such as:

- Adolescent birth education
- Family planning
- Preconception
- Increase of pregnant women's health
- Birth
- Nutrition, breath, health
- Non violent communication
- Conflict resolution
- Ways to balance our life



Workshop Themes

- **Affective preparation for birth** by Christina Warmenbohl, Childbirth Educator and Doula
- **Building family harmony for a blossoming pregnancy** by Cristallin Toullec, NLP Coach and Osteopath
- **Learn to breathe for your baby** by Eliana Kirschbaum, certified in Natural Breathing
- **How to invest each moment of your pregnancy for a beautiful baby** by François Amigues, Osteopath
- **Prenatal tips: all you ever dreamed of knowing about pregnancy, delivery and nursing** by Lubka Amigues, Psychotherapist and NLP Life Coach
- **Posture et relief points for pregnancy** by Jesus Navarro, Energetic and Postural Balancing Practitioner
- **Kinesiology, brain gym & Touch for Health for pregnancy** by Pierre Tremblay, certified Touch for Health practitioner
- **The Creative Sound** by Sophia Hoffman, professional singer and singing instructor
- **Prenatal Singing** by Sophia Hoffman, professional singer, & Gilles Hainault, composer and musician

YOU ARE A CHILD

Ask your teacher to invite us to give your class a presentation!

“Dream Child” & Ideal Wellness Programs (Grades 1 through 7)

Ideal Wellness now offers programs in schools throughout the Kootenays.

Programs and workshops include:

1. In School Massage, done by the children for the children. The well-known **Massage in School Program** (MISP) exists in over 19 countries!



2. Interactive Games improve the quality of children’s social interactions. They are an efficient and fun way to hone communication skills to learn to better relate to friends, family members and society at large.



3. Imagination, relaxation and breathing sessions will help children’s creative imagination blossom.



The efficiency of this program is based on the positive effect of massage combined with interactive coaching to release stresses and repressed violence. This will enable students to respect others and themselves, improving and heightening their **attention and focus** in order to learn better and faster.

Studies have proven that this program dramatically reduces early childhood depression & violent behavior, disrespect, loneliness and various types of learning-related difficulties.

This program is under the supervision of certified professionals.

Our Team

is composed of Osteopaths D.O., certified Touch For Health practitioners, coaches in NLP, wellness coaches, psychotherapists, childbirth educators, reflexologists, a DFA certified Judo instructor and a certified Breath-Work practitioner.

The professionals on our team have been practicing their craft for many years and hail from Germany, Argentina, Switzerland, Canada, Belgium, France and Spain. They all met at the IDEAL Society, an NGO and institute for the development in prenatal education, arts & leisure.

Sharing our experience and love for the human family is at the root of this dispensary dedicated especially to mothers who carry the future of humanity!



Humanity as one Family

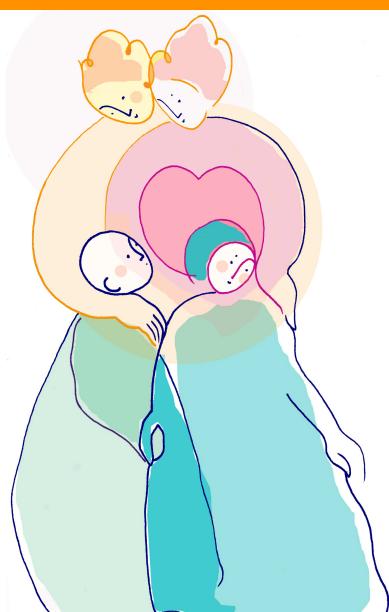
Love is the answer!

Ideal Family

7770 Baynes Lake Rd.
Jaffray, BC, V0B 1T0

(250) 429 3332

ideal-society.squarespace.com/wellness/



In harmony with the Millennium Goals advocated by the United Nations, our work focuses on increasing worldwide maternal health through:

- International symposiums on health and post-natal health held in Montreal, QC, in 2001, 2003 and 2005
- Promoting and organizing a World Day for Pregnant Women in 2005, 2006, 2007, 2008, 2009
- A humanitarian mission in Bangladesh in 2009
- Cultural and educational events held at the United Nations in 2003, 2005, 2007, 2009, 2010
- Dream child & Ideal Wellness programs held in schools since 2011
- Prenatal classes since 2009
- “Birth Series” monthly lectures and workshops since 2011