

WINTER-CAVE

Bonding Meditation for Pregnant Women and Their Babies



In January and February 2025, we invite you to pause and strengthen the bond with your unborn child. Choose a time for your "Baby Date" that fits your schedule, and join us for guided and silent meditations. These sessions help you consciously embrace your pregnancy and mindfully reflect on how you and your baby are feeling. Afterward, enjoy tea and the chance to connect with other expectant mothers – once a week with the presence of a gynecologist.

Experience calm, connection, bonding, and so much more...



elbabe
Verein zur Förderung früherer
Eltern-Kind-Bindung

Offer

Drop-in Concept: Flexible participation without prior registration.

First come, first served... unless you'd like to secure your spot via WhatsApp:

+41 79 275 41 30 (mention «Winter Cave»)

Time and Location: From January 14 to February 26, at Leimenstrasse 76, Basel.

Sessions on Tuesdays and Wednesdays at: 10 AM, 11 AM (in English), 12 AM, 5 PM, 6 PM

Structure: 50-minute sessions

A professionally guided meditation followed by a silent phase. Afterward, you can share your experiences in a separate space or leave as you wish

Cost: CHF 20 per meditation / or pay what you can (collection)

Group Size: Maximum of 8 participants per group

what to Bring: Just your curiosity

Comfort: Cozy cushions, nursing pillows, mats, blankets, candles, music, and essential oils are provided for your relaxation

Partners Welcome

More Information

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