

birthwork



Creative Ways of Making Space for the Baby ~ Part 2

This profoundly nurturing, residential workshop is designed to impart more understanding and in-depth experience of touch, body awareness and bodywork skills initially gained in *Part 1 - Creative Ways of Making Space for the Baby*. All these important components can help any woman through her childbearing years and beyond.

- for all midwives, doulas, birth support people and parents to be (women only)

The term 'birthwork' embraces all the different kinds of work and creative effort that mothers and their support people embark upon through childbearing. It acknowledges that birthworkers everywhere have the natural and necessary impulse to nurture mothers and babies, and share their experiences and wisdom.

- ~ develop greater confidence in your ability to offer and give tender comforting touch.
- ~ develop your capacity to empathise through receiving gentle respectful bodywork.
- ~ learn many simple, effective ways to release pelvic tension and discomfort through external bodywork.
- ~ learn many simple, effective ways to release tension within the pelvis through internal bodywork – either self-help or with support.
- ~ assist in relieving sacro-iliac discomfort, psoas contraction & restoring circulation in the pelvis.
- ~ feel & discern the difference between tension, relaxation and tone in the soft tissues.
- ~ know how to recognise and support trauma release.
- ~ experience the delight of your amazing body being deeply nurtured.
- ~ learn how to easily pass these skills on to birthing couples. Experience in this workshop is applicable to birth preparation, labour & post birth.

See the outline for the 2 days and evening on the next page -

Day 1 From the Outside In

NURTURING THE PELVIS

Remembering:

body awareness
the breath
touch & intent
taboos for you
subtle considerations of giving, receiving & relationship
techniques to help others and self-help

LOVING OUR SEAT OF POWER & ABUNDANCE

Recognising:

tensions & freedoms
ligaments, fascia & muscles
bones & joints, alignment

BALANCING THE PELVIS

Releasing:

sacroiliac imbalance
sacral imbalance
the psoas
the neck

Evening Day 1

GENTLE TRAUMA RELEASE

Day 2 From the Inside Out Finishes 5pm

NURTURING THE PELVIS Increasing:

body awareness
breath & pelvic floor awareness
pelvic positioning awareness

WORKING INTERNALLY

Practising:

the gentle approach
feeling & recognising internal structures
a cooperative focus
recognition of soft tissue release
recognition of trauma release

CARING FOR THE VAGINA & WOMB

Experiencing:

steaming
sitz baths
comforting applications

Please BYO bedding (sheets, doona), pillow, loose comfortable clothing (no jeans), and a hot water bottle for comfort. Also bring 3 towels, 3 handtowels, and 1 new nailbrush for the workshop.

There will be some chairs and a massage table available for anyone who has difficulty working comfortably on the floor.

All meals will be provided. Food will be vegetarian, simple & nourishing. Please advise of any dietary sensitivities. You may wish to bring extra snacks.

Traditional Mexican rebosos will be available for \$40 each.

'BIRTHWORK - A COMPASSIONATE GUIDE TO BEING WITH BIRTH', 'THE DOWN TO EARTH BIRTH BOOK' & 'THE BIG STRETCH' DVD, 'THE BIG STRETCH SEQUEL' will also be available for purchase.

Jenny has been supporting women and their families through natural birth at home in Australia for over 30 years. She is also an independent birth educator & bodyworker, the author of 2 books on natural birth, and filmmaker of 3 films on birth.