

Bodywork for Birth

Presented by:
Fiona Hallinan

A workshop to learn about
your

unique birthing equipment

So.....

- you can help childbearing
women understand theirs!

-you can birth your baby
with knowledge and skills

instead of fear!

WHAT'S IT ALL ABOUT?

From a purely mechanical perspective,
birth is about space creation.

A woman can willfully create space when
she has knowledge and skills.

Most people want to know how they can get
their baby out of their body.

Most midwives/doulas/partners want to
know how they can assist.

In this workshop YOU WILL gain
skills for birth.

**This is a very practical, fun,
hands-on workshop!**

YOU WILL:

Feel your pelvis

- o The shape it is
- o The size it is
- o How you can change it
- o How it relates to the births
you've had or witnessed.

YOU WILL:

Feel how the pelvic bones move and how,
by using your breath and touch,
the pelvic bones can move further or
differently.

YOU WILL:

Feel space created when you learn

Pelvic maneuvers such as:

- o The hip lift
- o The sacral hinge
- o The sit bone spread

YOU WILL:

Experience the power of directed
breathing and its power in
Softening tissue.

YOU WILL:

Get to explore the 'soft' pelvis and increase
your awareness of the different types of
tension held in our body and its impact
on space creation.

**Wear loose, stretchy,
comfortable clothing
e.g. trackie pants!**

For enquiries & bookings contact:

Fiona Hallinan

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FIONA'S BACKGROUND

- o Registered Midwife
- o Grad Dip Advanced Nursing - Women's Health
- o Dip Holistic Bodywork

I started learning midwifery in 1989.

Early in my midwifery life this unique knowledge about the birth hole and skills essential for birth was shared with me by Wintergreen, the founder of the Pink Kit.

From a midwifery perspective- this knowledge changed how I practiced.

From a woman's perspective- this knowledge deepened my understanding and appreciation of my own birthing goods.

I believe when we prepare and take responsibility for significant life journeys we benefit enormously.

Birth is a huge life journey for all women, their babies, their partners and their helpers so...

preparation and understanding is essential!!



2007 WORKSHOP DATES:

Saturday 11th August
Sunday 9th September
Sunday 21st October
Sunday 2nd December

TIME:

9.00am for 9.30am start
~4.30pm finish

VENUE:

Wellness Centre
766 Riversdale Road
Camberwell
MELWAY REF: 60 C2

COST:

\$150 individual
\$100 student midwife
\$230 childbearing couple
\$80 support person

FOOD:

Morning & afternoon tea provided
B.Y.O lunch or enjoy nearby cafe

REGISTRATION FORM

Child bearing Couple \$ _____

Support Person \$ _____

Individual/Midwife \$ _____

Student Midwife \$ _____

Name: _____

Address: _____

Suburb: _____ Post Code: _____

Tel: _____

Email: _____

Method of Payment

- Cash

- Cheque

- Money Order

Please mail payments to:

Fiona Hallinan

2 St Duthus Street,

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