

The Power of Touch and Tenderness In Midwifery Practice



With Fiona Hallinan

**An experiential, residential two day workshop
for midwives, doulas & women who care for
childbearing women.**

12 - 13 June, 6 - 7 November

Cost: \$585 all inclusive

Together we will take the time to learn how to touch a woman's body, to gain information about her birthing body and her baby. We will work respectfully with one another in a peaceful, private environment.

We will create an atmosphere of trust, share stories and birth wisdom in appreciation of our shared love of birth, regardless of our background or experience.

The workshop is held at the Centre for Human Transformation in the beautiful Yarra Valley and includes nourishing vegetarian meals and accommodation. Directions and a list of what to bring will be sent on registration. Workshop starts Thursday 9.00am and finishes Friday 4.00pm. Additional nights accommodation are available for \$50 per night.

For more information go to www.womenofspirit.asn.au

We touch in pregnancy and birth to:

- instil confidence
- encourage change
- inform the mother so she can work co-operatively with her baby
- increase our knowledge and a mother's understanding
- soothe and comfort
- to resolve difficulties
- because it feels good!

We will comprehensively explore:

Abdomen

- how to gain information about mother and baby during pregnancy
- ways to soften lower abdominal muscles to encourage babies to move into the pelvis and/or to rotate when 'high head at term' or 'posterior baby'

Pelvis

- the uniqueness of each woman's pelvic space and how it relates to birth
- practical pelvic manoeuvres that soothe and soften mother and provide space for baby
- increasing clarity about the subtlety of sacral mobility and it's significant role at the time of birth

Anus and buttocks

- how touch can create feelings of safety
- the extraordinary role of the bowel and anus in birth
- the power of the multi-layered buttock muscles in birth

Vagina (talk not touch)

- considerations when touching vaginas
- attitudes to vaginal examinations
- ways women can prepare their vagina's for birth
- vaginal trauma from birth

Reboso technique

- amazingly effective traditional Mexican midwifery work using a 'reboso' shawl to change a baby's position in pregnancy and/or labour.

About Fiona Hallinan



Fiona became a registered midwife in 1990. In the early 1990's she had the good fortune to learn 'pregnancy bodywork' from Wintergreen (founder of the Pink Kit).

This body of knowledge deepened her appreciation and understanding of the wonders of the pelvis. These practical skills enabled Fiona to work with and teach women how to create space in the pelvis during pregnancy and birth.

In 1995 Fiona commenced private practice as a midwife, being with women as their trusted carer at hospital births. She began sharing the body preparation skills with women and as time passed taught the Bodywork for Birth knowledge and skills to midwives, doulas and childbearing couples in workshops.

She has worked extensively with newly graduated midwives since 1997.

Fiona completed a Diploma in Holistic Bodywork in 2004 and currently cares for women in the hospital and at home. She teaches midwives, women and couples individually or in workshops. In private sessions Fiona teaches internal vaginal massage to women to further prepare their body for birth or heal after birth trauma.

"This workshop is not for the fainthearted, it is for those who truly want to help at birth." Fiona Hallinan

*Registrations and Enquiries contact
Anna Urbanski, (03) 9718 1239, 0408 954 120
anna@womenofspirit.asn.au*