

Introduction to
Shiatsu for Pregnant Women
For Doulas, Midwives and Birth Attendants



Saturday 9th of May 9.30am - 4pm

Investment: \$120 (\$90 conc.)

To Register, contact: Steven at Seven Stars Shiatsu
39 Warner St, Essendon; ph 93820348 / 0413727899

www.sevenstarshiatsu.com.au

Introduction to
Shiatsu for Pregnant Women
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This one-day workshop aims to provide the caregivers of pregnant women an introduction to the use of Shiatsu Therapy (Japanese acupressure/bodywork) during pregnancy.

Although there will necessarily be some theoretical content, the training will be practical and experiential wherever possible.

You will learn ways to:

- ◆ Use touch as a means of deepening your relationship with pregnant women
- ◆ Help women connect with the innate wisdom of their bodies
- ◆ Explore your own body-intelligence, and its healing potentials

You will be introduced to ways in which you can use Shiatsu techniques:

- ◆ during pregnancy to -
 - ◇ Help mother bond with baby in-utero
 - ◇ Aid in the optimal positioning of babies (including breech)
 - ◇ Assist in treatment specific ailments in pregnancy, such as nausea & morning sickness, anxiety, fatigue, backache, oedema, cramps
- ◆ during labour (in various birthing positions) to -
 - ◇ Reduce fear, tension, anxiety and pain
 - ◇ Assist in strength of contractions
 - ◇ Create a safe and nourished space
 - ◇ Help baby descend
 - ◇ Help cervix dilate
- ◆ post-partum & post-natally, to -
 - ◇ Assist in birthing of placenta
 - ◇ Aid in contraction of uterus & reduce blood loss
 - ◇ Support mum to replenish her blood & deeper energy reserves
 - ◇ Build milk supply

You will learn a number of useful 'tsubo' (acupoints) to support your practice, including the so-called 'induction' points, and contraindicated points.

There will be an opportunity to practice your new skills with pregnant women in the afternoon.

All participants who successfully complete the training will receive a Certificate of Attendance.

Pre-requisites: A passion for working with childbearing women. Previous shiatsu/bodywork experience is helpful, but not required.

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