# birthwork

with Jenny Blyth

## Making Amazing Space for Babies & Birth

### with the dynamic pelvis……for 2 days

9am-5pm Sunday-Monday April 18-19, 2021

Bellingen Youth Hub, 2 William St, Bellingen, NSW

The workshop presents both explanations & experiential components that can be easily practised, or implemented in the moment if needed.

‣ Gain a deeper understanding of the fascinating soft tissue layers within the pelvis & their connections to the cervix & birth process.
‣ Know how to optimise anatomical potential for straightforward & unusual presentations through experiencing dynamic anatomy, positioning and hands-on skills.
‣ Learn to work effectively to help release unconscious and compensatory tension in the pelvic floor in pregnancy & birth.
‣ Be informed of the traditions & considerations surrounding both hand & rebozo jiggling to facilitate change & give comfort in the birth continuum.
‣ Experience the relaxing effect of pelvic jiggling by hand & many jiggling variations using a rebozo.
‣ Learn about why it is so important to support recovery after birth, & how to do it.

Cost: $280  Please transfer to: Jennifer Blyth BSB 064-439 ACC 10240014  REF: BelloBW
Please wear comfortable loose clothing - no jeans or tight pants.
Enquiries:  jenny.blyth@gmail.com 0438857184

Jenny Blyth is an independent birth educator, birthworker, bodyworker and Spinning Babies® Approved Trainer who has supported women and their families through natural birth at home for over 35 years. Her work focuses on building body awareness, self-help skills and self-responsibility to realise potential in birth and reduce trauma for both mother and baby. She also specialises in pelvic bodywork for wellbeing, balance and comfort. Jenny has been teaching body-oriented Birthwork workshops for over 15 years, often co-teaching with Fiona Hallinan.
She is author of 2 birth books on natural birth and creator of 3 birth films.
She lives in the Australian bush and is a mother of 3 grown adults and grandmother of 3.