

birthwork

with Jenny Blyth



Making Amazing Space for Birth & Babies

love it up, loosen up, let go.....for 1.5 days

Tuesday-Wednesday May 18-19, 2021

Lower Mountains Physiotherapy, 6-9 St Georges Crescent, Faulconbridge, Blue Mountains, NSW

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

Day 1 - full day 9am-5pm

- 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 release unconscious & compensatory tension in the pelvic floor in pregnancy and birth.

Day 2 - half day 9am-12.30pm

- Be informed of the traditions & considerations surrounding both hand jiggling & the use of cloth to facilitate change & give comfort during 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: \$300 Please transfer to Birth Aims, BSB 062692, ACC 40872002,
REFERENCE PelvicWorkshop, send receipt to birthaims@gmail.com

Enquiries: jenny.blyth@gmail.com 0438857184

Please wear comfortable loose clothing - no jeans or tight pants. BYO lunch or eat out.



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.