About the Workshop

This one day workshop will give an insight into the essence and practice of BellydanceBirth®. Presented by Maha Al Musa, it will be an experiential, intimate, nurturing and self reflective exploration of ourselves as birth caregivers as well as learning the fundamental movements and how we can share them with our women. Be inspired to participate and surrender your heart, head and hands........

BellydanceBirth® is both a beneficial and nurturing mode of birth preparation as well as a supportive and intuitive guide for use in the first stage of labour. It requires no dance experience as it is an internal expression, a therapeutic medicine that feeds the Soul in this most sacred rite of passage and is accessible to every woman and baby. By encouraging a heart centered approach to birthing, women are able to release fears and feel empowered opening to the timeless rhythm and wisdom that is birth. It allows for autonomy, strength and acceptance in a non judgemental space of "feeling" rather than thinking which is where birth happens!

This form of dance is a wonderful modality to share with pregnant and labouring women and a perfect resource to add to your birthing kit for all midwives, doulas and birth attendants. Experience the day through relaxation, music, dance, sensuality, exercises, sharing, group discussion, improvisation, Arabic culture, story, art, connectedness, body awareness, movement and more:

- explore the Al Musa meaning of BellydanceBirth®,
- learn the twelve fundamental birthing principles of the programme and its core signature
- experience the basic prenatal movements with information on anatomy and physiology
- discover how to apply the movements with women in labour.
- dance, move, stretch, ponder, discuss, listen, play, weave, draw, laugh, smile and surrender....

Workshop dates
8th April - Byron Bay
Red Tent Yoga Centre
25 - 31 July - Margaret River & Perth
(dates/details to be finalised)

Workshop Fees
Standard - $295
Fee includes:
tuition, morning & afternoon tea, lunch, materials for activities and take home workbook.

Important
No dance experience is necessary
Please bring: a yoga mat, cushion, wear comfortable clothes for exercise and a skirt for dancing.

To find out more about BellydanceBirth® go to the website
www.bellydanceforbirth.com

To register
For all workshop bookings please contact Therese Kramer at events@remark.com.au

This workshop is CPD endorsed activity - 7 MidPLUS points
www.midwives.org.au

About the teacher
Maha Al Musa is a mother of three, dancer, author and doula and has been belly dancing since childhood and teaching Bellydancebirth® since 1997 in Byron Bay, Australia. She has taught the art of bellydance to many women of all ages and stages of pregnancy as a birthing preparation. Maha's work is growing in the international arena as mothers to midwives embrace and reclaim this sacred birthing knowledge.

In 2008 she released her award winning world first book, Dance Of The Womb. This book has been endorsed by NACE (Aust), Sheila Kitzinger, DR Michel Odent and Dr Sarah Buckley and in 2009 Maha released her follow on DVD, also endorsed by NACE (Aust) and ADC, that features 2 hours of exercise and a bonus; her homebirth film at 46 years of age. www.bellydanceforbirth.com
The Fundamentals of Bellydance for Birth - The Al Musa Method®

8.30 - 8.45  Registration
8.45 - 12.45  Laying the Foundations - The Essence of BellydanceBirth®
8.45 - 9.05  Opening relaxation to music and poetry
9.05 - 9.20  Introduction and outline of workshop
9.20 - 9.40  Interactive dance stretch warm up
9.40 - 10.00  BellydanceBirth® for pregnancy & birth
10.00 - 10.30  The 12 BellydanceBirth® Principles 1 and 2
10.30 - 10.45  Morning Tea
10.45 - 11.05  BellydanceBirth® Principles 3 - 4
11.05 - 11.20  BellydanceBirth® Principles 5 - 7
11.20 - 11.35  Story time
11.35 - 12.45  The core premise of BellydanceBirth®
                   BellydanceBirth® Principles 8 - 10
12.45 - 1.30  Lunch
1.30 - 2.00  The Practice of BellyDanceBirth®
           Group Craft Activity: Discussion of Arabic culture, history and relationship to life and birth
2.00 - 3.30  Anatomy and Physiology Demonstrations and dancing of the basic moves
3.30 - 3.45  Afternoon Tea
3.45 - 4.45  Understanding and applying the practice of bellydancebirth® in labour
4.45 - 5.00  Finale - Free Dance! Let’s Dance...

Information, and Terms and Conditions
- Registration forms to be mailed or faxed to the address or number provided on the registration form. Onsite registration is not available. Places are limited and are allocated as registrations, with correct payment, are received. Forms received without payment or the correct fee will not be processed. Payment sent by an employer must be accompanied by a registration form.
- Registrations without the Terms and Conditions box ticked will not be processed.
- Participants will receive confirmation and receipt via email prior to the workshop date. Participants will receive a Certificate of Attendance at the conclusion of the workshop. Additional copies of receipts or Certificates attract a fee of $11 per item.
- If the workshops is cancelled a full refund will be given. BellydanceforBirth®, Remark Pty Ltd nor the workshop host will be liable for any other expenses or claims.
- Registration will not be processed until payment is finalised. Dishonoured cheques will incur a minimum $10 administration fee.
- Cancellations must be in writing. For cancellations received up to one calendar month preceding the workshop will incur a $55 cancellation fee. Cancellations received less than one calendar month prior to the workshop date are not eligible for a refund. Places may be transferred to a colleague. Remark must be notified of any substitutions at least 4 days in advance of the workshop.
- Information in this flyer is correct at the time of printing, but subject to change without notice. Please check the website for any changes to program details.

Registration Form

First Name:  Last name:

Contact Address:  
City:  State:  Postcode:

Phone (day):  Fax:

Mobile:  Email:

Gluten Free: ☐

Course city:  Payment due minimum 4 days prior to course date

Fee:  $295  Fees are excluding GST.

☐ I have read and understood the Terms and Conditions

Methods of payment:
Electronic Funds Transfer (preferred method)  Credit Card
- Please charge my  ☐Visa  ☐Mastercard $ _________
BSB: 062 227
Acct No: 1011 0128
Acct Name: Remark Pty Ltd
Expiry date: _____/_____/_______

Cheque in made payable to:  Remark Pty Ltd
Name (as on card) ___________________________  Signature ___________________________

Note: if paying by cheque overseas delegates are requested to forward an international bank cheque in $AUD.

TAX INVOICE
ABN 53 464 266 424
This form becomes a tax invoice once payment is made

PO Box 10, Petersham, NSW 2049
E: events@remark.com.au

Registration Form

The Fundamentals of Bellydance for Birth
The Al Musa Method®

Please complete this form and return to:
F: +61 2 9558 3822 or
BellyDanceBirth Secretariat
PO Box 10, Petersham, NSW 2049
E: events@remark.com.au

This form becomes a tax invoice once payment is made