

BEAUTIFUL BIRTH WITH VOCAL DANCE

Moving is the first thing we do *in utero*. At birth, we move, we breathe, then we vocalise. Throughout our lives, the way we move, breathe and use our voices affects everything we do, and the ways we interact with the world. If we're comfortable with our movement, our bodies and our voices, everything else is easier and freer.

Giving birth can be the most beautiful movement, sound and breath we make. It can be orgasmic. We need information on what is going on within us and around us, but information can only go so far. Birthing our babies depends particularly on our feeling at home in our bodies, at home with our natural processes, at home in ourselves. Trust is essential, but the birthing team and our bodies can't *give* us a beautiful birthing experience: we need to *create* it. Dancers know our bodies and minds are extraordinary. Singers know the value of vocalising to free the spirit. Recognising just how amazing and wonderful we humans can be is uplifting, energising, orgasmic; the essence of beautiful, orgasmic, blissful birth. What a way to bring your child into the world!

Aviva has had an unusual life and many experiences have given her a different perspective. She teaches ways to prepare for birth from a dance and vocal perspective. Expectant parents/families, childbirth educators, midwives, doulas and others directly involved in birthing gain useful insights.

Biography

Aviva Sheb'a graduated in 1968 as a dancer and dance teacher. She also studied singing. In the early 80s, Aviva studied Active Birthing in Amsterdam with colleagues of Janet and Arthur Balaskas, Jonathan and Edith Shaw. Aviva brought her birthing knowledge to Australia in 1983, teaching at the Childbirth Education Association national headquarters and Vaucluse Hospital, Melbourne. She says her children's births were her greatest orgasms ever. On four continents, Aviva's students have gained from her vast knowledge, passion, enthusiasm, wit and sincerity.