



GIVE BIRTH JOYOUSLY!

Active Birth Training

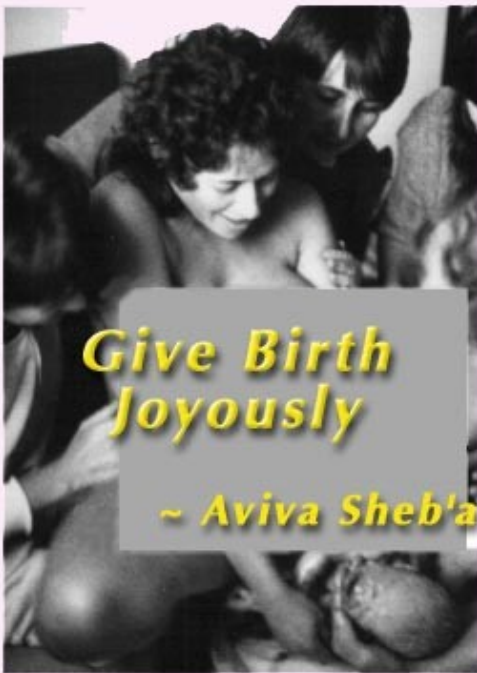
with Aviva Sheb'a

Birth can be sheer joy and wonder when you're trained for it. Labour is a marathon, for which you need a well-prepared, trained, body and mind.

Releasing muscular tension is both mental and physical. Slowly gently, softly stretching we come to realise it's actually our minds, not our muscles or joints, which are stiff. We relax into the various positions, breathing and visualising away our tension, leaving us feeling relaxed and relieved of fears, tension and problems - some of which we may have been carrying around for many years. Each student goes at her own pace. In her training, Aviva teaches many techniques that make giving birth the joyous experience it was always meant to be, and to make your post-natal reality easier.

Training throughout pregnancy is ideal, however many women have found that even one session shortly before the birth has been invaluable.

For women and couples who want to be in control of their own birthing experiences, whether at home or in hospital. Aviva is realistic: births do not always go as planned or desired. She assists women and couples come to terms with difficult births.



Aviva Sheb'a is a qualified dance teacher with over thirty years' professional experience, in Australia and overseas. In Holland, she studied Active Birth Training with Edith and Jonathon Shaw - colleagues of the founders of Active Birth, Janet and Arthur Balaskas. Aviva brought Active Birth preparation back to Australia in the early eighties, teaching midwives, childbirth educators, women and couples at the Childbirth Education Association and Vaucluse Hospital in Melbourne. Aviva has also taught massage and developed her own system of teaching movement and voice -- *Vocal Dance*. She is a mother of two, to whom she joyously gave birth squatting: one at home, one at Vaucluse Hospital.

After many years nurturing The Darlings and writing, Aviva is delighted to return to Active Birth, Post Natal exercise, menstruation exercise and counselling, and her first "baby" - *Vocal Dance*.

With Aviva: Marilyn Lawson, Bronny Handfield, Nicole Rossel, Dr. John Stevenson - and Leslie

Photo Aviva giving birth to her first child. ©1983 Tim Handfield

