

# ... Beautiful Birth Festival ...

## Workshops with Aviva Sheb'a Pay individually or three workshops for \$50

**Wiggle and Giggle** - Utterly irreverent Belly Dance and Improvisation, with a touch of Calypso and Afro-Cuban!

**When:** Friday 1 May 7.30pm – 9.30pm

**Where:** Yoga Spirit Studios, 194 Henley Beach Road, Torrensville

**Cost:** \$20

**Breathing and voice** – come and find yours

**When:** Saturday 2 May 3pm – 5pm

**Where:** Yoga Spirit Studios, 194 Henley Beach Road, Torrensville

**Cost:** \$20

**Vocal Dance** – created by Aviva: "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 spiritually uplifting, energising, orgasmic"

**When:** Saturday 2 May 7pm – 9.00pm

**Where:** Yoga Spirit Studios, 194 Henley Beach Road, Torrensville

**Cost:** \$20

**The Journey through Pregnancy to Motherhood** – preparation for women and couples who want to be in control of their own birthing experiences using active birth principles, breath, voice and movement. "Trust is essential, but the birthing team and our bodies can't give us a beautiful birthing experience – we need to create it"

**When:** Wednesday 5 May 7pm – 9pm

**Where:** Sophia, 225 Cross Road, Cumberland Park

**Cost:** \$20

*To book please call Paula 0411 983 723*

*Private sessions available on request - from Friday 1 May till Thursday 7 May - allowing you to prepare for the ideal or maybe to deal with things which didn't go to plan...*

**Aviva Sheb'a** is a qualified dance teacher with over thirty years' professional experience. In Holland, she studied Active Birth Training with Edith and Jonathon Shaw – colleagues of the founders of Active Birth Education, Janet and Arthur Balaskas.

Aviva brought Active Birth preparation to Australia in the early eighties, teaching midwives, childbirth educators, women and couples at the Childbirth Education Association and Vaucluse Hospital in Melbourne. She has also taught massage and developed her own system of teaching movement and voice – Vocal Dance.

