Overview: COURSE CONTENT:

Shiatsu, massage and touch are powerful tools in supporting women to contact the wisdom of their bodies in pregnancy and birth and for parents to bond early with their developing child. This course enables you to become familiar with their use both in practical ways and in understanding a different approach to birth which can enhance your practice. You will learn to work in an holistic way, combining Eastern and Western philosophies as well as developing your touch sensitivity skills. There will be time to explore how shiatsu-based skills can support you personally – promoting your own well-being and preventing “burn-out”.

What is Shiatsu? Shiatsu is a form of massage, based on the eastern view of the body. It is often referred to as acupuncture without the needles.

During these 2 days we will focus primarily on shiatsu for birth: this includes birth preparation work suitable for teaching parents, work for preparing for birth (supporting mother and baby, including fetal positioning) and work during labour itself. However other relevant maternity topics may be included, depending on the needs of the group.

Learn with Suzanne Yates, pregnancy and massage world leader, and author of ‘Shiatsu for Midwives’

“I feel that though childbirth is very much medicalised it can work ‘hand in hand’ with complementary therapies to enable the women to have the best of both worlds.”

- Patti Saha, Community Midwife, London "who learnt “Shiatsu for midwives”

You will learn:

- practical shiatsu skills for supporting women in labour which can be practically integrated in your work including specific ways of touching, awareness of posture, breathing, movement and exercise as well as relaxation.

- another perspective on pregnancy, birth and the postnatal period which can enhance your practice

- how shiatsu-based skills can support you personally – promoting your own well-being and preventing ‘burn-out’.

Shiatsu for Midwives, Doulas Birth Educators and others working in birth

11&12 Sep 2014

Melbourne 2014

presented by

Suzanne Yates (UK)
in conjunction with

The Australian Shiatsu College
Course Instructor - Suzanne Yates

Suzanne Yates has been developing an holistic approach to maternity since 1989. Motivated by her first pregnancy, she began to deepen her professional shiatsu and massage work to specialise in maternity care.

She established ‘Well Mother’ in 1990, teaching shiatsu, massage and exercise to women and their partners in Bristol, UK, to help them connect with the wisdom of their body. Suzanne continues to work with individual clients, primarily from her clinic in Bristol.

She offers shiatsu, massage and individual exercise sessions and works with clients, male and female, at all stages of their lives although she specialises in working from pre conception, through pregnancy, birth and the postnatal period with both partners and their baby.

As well as numerous articles, she has written three books: “Shiatsu for Midwives” published by Elsevier in 2003 has proved popular amongst therapists as well as midwives and has been translated into German, French and Italian. “Beautiful Birth” is aimed at parents (Carroll and Brown 2008) and “Pregnancy and childbirth; an holistic approach to massage and bodywork” is Suzanne’s long awaited book for therapists which is the text book for the shiatsu and massage courses (Elsevier 2010).

In addition to a degree in modern languages (French and Italian), she holds diplomas in shiatsu and therapeutic massage, a postgraduate certificate in teaching and has trained in antenatal and postpartum exercise with Elizabeth Noble (Boston, USA).

She continues to deepen her shiatsu studies with Japanese masters in Europe and attending other relevant workshops. Recently she has been working with the ideas of Bonnie Bainbridge Cohen (Body Mind Centring) both with Bonnie and Linda Hartley and Cherionna Menzam Sills. She served on the National Health Service Maternity Services Liaison Committee from 1995-2000 and was involved with a practice audit on shiatsu for post-term pregnancy at her local maternity unit in Bristol, published 2005. For more info visit her website www.wellmother.org and in understanding a different approach to pregnancy and birth which can enhance your practice. There will be time to explore your own attitudes, as well as developing your touch sensitivity skills. You will learn to work in an holistic way, combining Eastern and Western philosophies and supporting your own personal growth.

READING and EQUIPMENT: Reading recommendations and equipment list will be made available to course applicant.