

# Breathing for Birth and Beyond

## Enhancing the birth process and ongoing wellbeing of mother and baby through optimal breathing

### *One-day workshop for midwives, childbirth educators and physiotherapists*

This course is designed for midwives, childbirth educators and physiotherapists who are interested in breathing knowledge and skills to enhance the birth process and for general health and wellbeing. Breathing is the most fundamental of all body functions and an essential element of the birthing process.

We take for granted our ability to breathe. But we can breathe well, or we can breathe poorly. Dysfunctional breathing can contribute to muscle tension and cramping, light-headedness, fear and stress response during labour. A habitually dysfunctional breathing pattern may well be present in many pregnant women, as is in the general population, and underlie a chronic health condition such as asthma, rhinitis or anxiety.

Tess Graham, a physiotherapist and breathing educator, presents a powerful and practical workshop to enable health practitioners to enhance their work around breath during the birthing process and through better understanding of breathing, to contribute to ongoing wellbeing for mother and child.

#### **This one-day (6 hours) workshop covers**

- Basic physiology of breathing.
- The mechanical, physiological, psychological and biochemical effects of dysfunctional breathing.
- The connection between dysfunctional breathing habits and the pain of labour.
- How to identify dysfunctional breathing habits.
- The essential first steps to better breathing.
- Myths and misunderstandings about breathing.
- Explaining optimal breathing to your clients.
- Integrating optimal breathing into the birthing process.
- Teaching clients strategies to help them breathe better, sleep better and perform better in daily life.

Certificate of attendance provided.



#### **Workshop Leader**

Tess Graham (BSc, Post Grad Dip Physiotherapy, Dip BM) has devoted 20 years to breathing education and breathing retraining, uncovering the essential principles of good breathing and applying them in the simplest way to achieve extraordinary outcomes. She is author of the book, *Relief from Snoring and Sleep Apnoea* (Penguin 2012). Tess is a specialist in both the science and art of breathing.

#### **To arrange a workshop for your association or workplace:**

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