



Weekly class includes:

Relaxation

Ab and Pelvic Floor Exercises

Prenatal and Postpartum Dance Fitness

Stretches to Relieve Pregnancy Discomforts

Comfort Measures for Labor

Birth and Parenting Education

Movements and Positions for Labor

World Rhythms:

Middle Eastern, African, Latin, Caribbean

Signature Moves:

"Down Baby Down"

"Abundant Belly"

"Dilation Gyration"

"Powerful Woman"

"Rock the Baby"

"Baby Welcoming"

Class participants report experiencing brief labors, little or no discomfort, few or no interventions, and high levels of satisfaction during their births.



Learn how to birth - step by step!



Two left feet?
No problem!

dancing for birth™



Prenatal fitness and childbirth education fusion

The U.S. Department of Health and Human Services recommends that healthy pregnant women get at least 2 1/2 hours of aerobic exercise every week.

Studies Show:

Recreational exercise decreases the chances of both premature labor and the birth of a very small baby.

Maternal exercise throughout gestation improves fetal heart health.

Getting up and moving during labor results in shorter labors and fewer requests for epidurals.

Exercise helps prevent Gestational Diabetes Mellitus (GDM), the most common medical complication of pregnancy.

99% of women who were upright and mobile during birth said they would make the same choice again.

Upright positions and mobility during birth significantly lowered admissions to neonatal intensive care.

All aspects of growth and development after birth in babies from exercising mothers are equal to or better than those of babies from non-exercising mothers.

At five years old, children whose mothers exercised during pregnancy scored much higher on tests of general intelligence and oral language skills.

Exercising Through Your Pregnancy, by Klapp III

Maternal Positions and Mobility During First Stage Labour, by Lawrence et al

Aerobic exercise during pregnancy influences fetal cardiac, by May LE et al

The Role of Exercise in Reducing the Risks of Gestational Diabetes Mellitus, by Sarah A Hopkins, Raul Aral

dancingforbirth.com



More than Prenatal Fitness – Birth Readiness™

Pre|Post-Natal Education and Fitness in One

During Pregnancy

You'll enjoy moves specifically designed to give you strength and pelvic mobility for ease of labor. Class is filled with techniques and tips, like how to use gravity for a more effective birth. Did you know there is an optimal fetal position and you can help assure it?

Your certified DFB™ instructor is a birth expert, so you'll gain invaluable knowledge, like how to use your own powerful birth instincts. Birth can be active, ecstatic, transformative, empowering. With this fun fusion of fitness and education you'll be ready! Start classes any time—the sooner, the better.

With Your Baby

Birth is just the beginning! You'll gain health benefits and toning while you bond with your baby. Our moves develop baby's vestibular system which affects vision, hearing, balance, muscle tone and equilibrium. Receive guidance on your parenting concerns, like feeding, sleeping, soothing, your changing relationship or mothering solo.

“These classes provided me with information and confidence about the birthing process — which was invaluable!”

Katie Cher, Ontario Canada

Simple moves for safer, easier birth™

“My patients who attended Dancing For Birth™ classes had 50% fewer C-sections”

S.C. Johnson, DFBT, CNM, MS

**ACTIVATE
YOUR
INSTINCTS™**

