

Bini **BIRTH** presents
SUPPORT FOR NEW FAMILIES AND BIRTH PROFESSIONALS

POST-PARTUM RECOVERY:
CELEBRATING SACRED
FEMININITY *with*
KIMBERLY JOHNSON



SATURDAY, OCTOBER 24 FROM 1-5PM

My passion for building and nurturing a community of women through sacred practices arose out of an intense healing journey that began with the birth of my daughter. As I searched and learned new ways to heal my body, I experienced unexpected awakenings at many other levels of my being- emotional, spiritual, and sexual/creative. During this period, my practice was radically transformed through deep study and integration of yoga from a woman's perspective, as well as extensive cross-cultural research on the post-partum period.

The process of coming back to life initiated at the physical level reinforced to me how important it is that women tend to themselves and are tended to in the post-partum period.

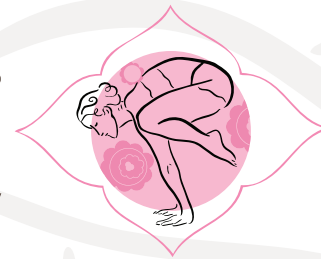
My desire is that this workshop will be one step toward bridging the post-partum gap in women's health care.

HERE'S WHAT YOU'LL LEARN:

- **Ancient healing techniques** (mostly from the Indian Vedic tradition) for mind, body, spirit and heart to assist in the transition to motherhood.
- **A series of movements**, derived from yoga, Pilates and my own creative explorations, that will support birth recovery in a safe and enjoyable way. (Think fun Kegels.)
- **Cross cultural birth** perspectives on post-partum care to tend to the preservation of our life force immediately after birth.
- **Massage techniques** for breaking up scar tissue from tearing or stitching and diminishing strain in the lower back and sacrum.
- **Ways to re-establish connection** and sensation in the pelvis.
- **Modes of exercise** that are extremely helpful in getting back into shape healthily.

ABOUT KIMBERLY

Kimberly Johnson is a certified yoga teacher, practitioner of Structural Integration, doula-in-progress and mother to two-year old Cecilia. She has been teaching yoga for over ten years from New York City to Boulder and most recently from Rio de Janeiro to Thailand; she just recently finished



KIMBERLY
JOHNSON
YOGA

teaching her first yoga teacher training. She studied and taught at Richard Freeman's Yoga Workshop for five years. Kimberly has been practicing the work of Dr. Ida P. Rolf for the past seven years. Her in-depth anatomy studies range from cadaver dissection to intensive functional anatomy. Her knowledge is both theoretical and personal.

After she was completely re-arranged from the pregnancy and birth process, she realized that she needed a whole new approach to her yoga and movement practice, her health, and womanhood itself.

WHO IS THIS WORKSHOP FOR?

This workshop is for women at any stage of the journey of motherhood, or for those who are interested in supporting those women, from partners, to doulas, to health care professionals.