



# Dancing For Birth™

## Prenatal and Postpartum Dance Classes

### Instructor Training Workshop

May 22-23, 2010

**Train to become a Certified Instructor:**  
*Bring Valuable Skills and Wisdom to Women in Your Community!*

- Start a new career or enhance your professional skills
- A great addition to your doula, midwife, nurse, childbirth educator, dance, fitness or yoga practice or your own birth preparation or passion for birth
- No prior experience or certifications required
- Certified Instructors receive National Referrals

**Training is fun, quick, and easy!**

Discover how to use dance to facilitate birth  
 Understand which moves are most effective and why  
 Gain new ideas for active birth preparation  
 Learn birth wisdom from ancient cultures  
 Experience the joy of world dance forms



As seen on:  
 CBS Inside Edition  
 NBC Evening News

**Energize ~ Empower ~ Enlighten™**



**Location:**  
**St. Louis, MO Area**  
 Maryland Heights, MO  
May 22, 2010  
 Arrival/ check in 12:30-1:00 PM  
 Workshop 1:00PM - 7:00PM  
May 23, 2010  
 Workshop 9:30 AM - 6:30PM  
subject to change

Register Online at [www.DancingForBirth.com](http://www.DancingForBirth.com)  
 or send form with check to:  
 Dancing For Birth™  
 2427 Glen Arden Dr. St. Louis, MO 63146  
 Call toll free for more info 866-643-4824

**Registration Fee: \$295** or  **Early Bird Fee (postmarked by 3/22/10): \$265**      **May 22-23, 2010**

Company Name:

Referred by:

Name:

Occupation/credentials:

Address:

City/State/Zip:

Related training or experience if any:

Phone:

E-Mail:

What interests you most about DFB?:

Insufficient funds fee \$35. Please see web site for refund policy.  
 \$325 at door if space permits