



Birthspirit's Mind, Body, and Spirit Midwifery Workshop

21st – 27th February 2010

The Cottage, Tamahere, New Zealand

This week-long, live-in midwifery workshop in New Zealand embraces the mind, body and spirit of midwifery. Throughout this time you are provided with onsite accommodation, nutritious meals and refreshments and a beautiful space to immerse yourself in the tradition of the wise-woman midwife.

Main workshops include:

- Authentic midwifery in a modern world
- The journey from 'doing' to 'being'
- Analysing interventions: why do we do what we do?
- Embracing the wise woman
- Post-term pregnancy: myths and mysteries
- Breech birth woman-wise
- Woman-friendly ways of understanding research and statistics
- Exploring the 'what ifs'
- Placental birth: an holistic approach
- Cherishing the midwifery spirit.

Maggie Banks

RM, PhD, ADN, RGON

Maggie has practised as a home birth midwife in the Waikato region of New Zealand since 1989. For 18 years prior to this she worked in women's and newborn health in hospital settings as a nurse before becoming a midwife in 1987. After completing her PhD in 2007, Maggie returned to her midwifery passions - home birth practice, independent midwifery education and writing.

Maggie has written two books - *Breech Birth Woman-Wise* and *Home Birth Bound: Mending the Broken Weave* - and various articles. While her speaking engagements have taken her to the USA, Canada and Australia, Maggie now confines most of her teaching activities to within New Zealand.

Sara Wickham

RM, PhD, MA, PGCert, BA(Hons)

Sara is a direct-entry midwife who has practised midwifery in the UK and USA, in home birth, birth centre and hospital settings and she has also worked as a midwife researcher and midwifery lecturer. Sara is currently self-employed as an independent midwife, lecturer and consultant.

Sara's publications include the *Midwifery: Best Practice* series, *Appraising Research into Childbirth*, *Anti-D in Midwifery: Panacea or Paradox?* and *Sacred Cycles: the Spiral of Women's Well-being*. Sara recently completed her PhD thesis, in which she explored holistic midwives' knowledge in relation to 'post-term' pregnancy.

All workshop sessions and materials, meals, refreshments, accommodation, outings, hot tub use and pick up and drop off from Hamilton airport or city are included in the workshop cost.

Registration and secure on-line payment is available at www.birthspirit.co.nz or complete the form overpage and post or fax.

For further information email Maggie Banks maggiebanks@birthspirit.co.nz or visit www.birthspirit.co.nz



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I wish to register for the Workshop: 17th - 23rd January 2010 — **FULL**
21st - 27th February 2010

Name: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

Tell us a little bit about yourself: _____

Workshop cost: NZ\$1,200.00 (GST inclusive)

Payment options - (please complete option details)

I wish to pay by credit card:

Please debit my VISA MasterCard

Credit card no. _____ / _____ / _____ / _____ **Expiry Date:** __ / __

Name on card: _____

If you would prefer, please fax your credit card information to 07 856 3070
(International fax is 64 7 856 3070).

I wish to pay on-line by direct credit:

Deposit to the bank account of Birthspirit Ltd a/c no. **010370-0027518-00**
(ANZ Bank, Chartwell Branch, Hamilton, New Zealand). Please use your name as your reference.

I wish to pay by cheque (New Zealand only)

Cheque payable to: Birthspirit Ltd
Postal address: Birthspirit Ltd, 15 Te Awa Road, RD 3, Hamilton 3283

Note: Registration payment is non-refundable.
Places for the Workshop will be allocated on receipt of payment.

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