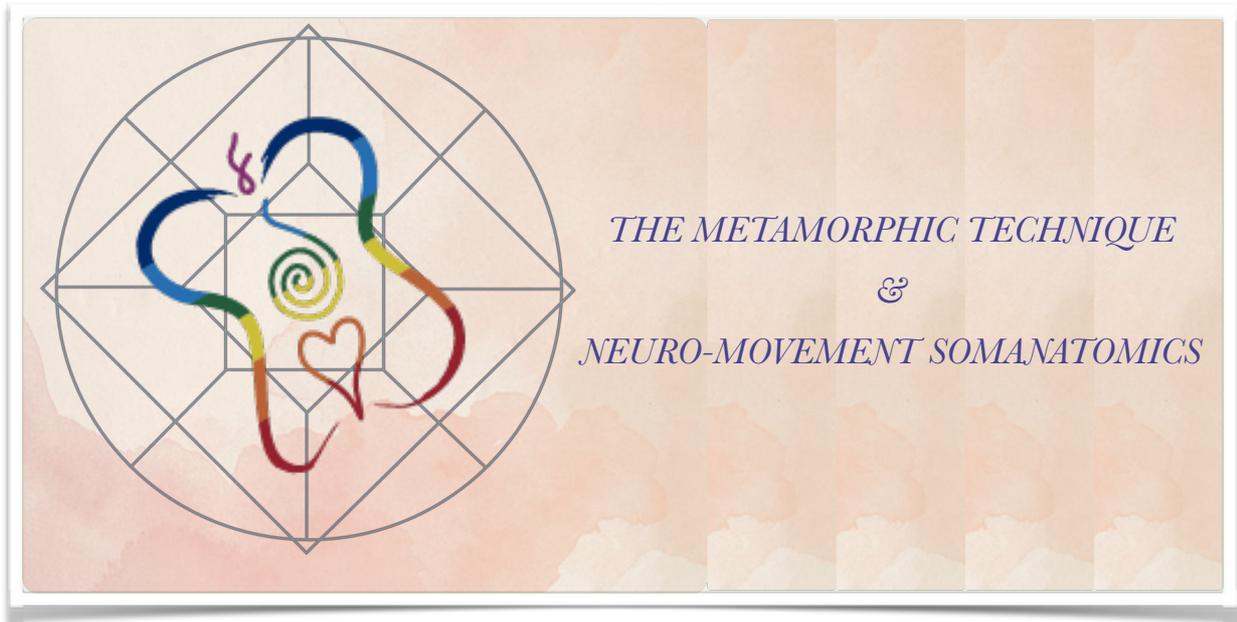


Introductory Lecture

A physical-mental-emotional approach to awareness and well-being for pregnant mothers & their caregivers



SATURDAY 10th JANUARY 2015

17.00-19.00PM

INTRODUCTORY LECTURE

Metamorphic Technique and Neuro-movement Somanatomics:
A physical-mental-emotional approach to awareness and well-being for pregnant mothers & their caregivers.

A two-hours introductory lecture for

- * pregnant women
- * or for persons who take care of pregnant women, either professionally (midwives, doulas etc) or on a personal level (partners, friends etc)

We are inviting you and your clients*,

*** if you are a centre or professional practitioner involved in the care of pregnant women**

- * to learn about two fascinating treatments, which come from the fields of body work and energy healing and
- * to find out what they can offer you, either combined or separately

on Saturday the 10th of January 2015

from 17:00 to 19:00 pm

at Donker Curtiusstraat 7 , unit 401 (4th floor)

1051JL, Amsterdam

Entrance is **FREE** but a reservation is required due to space limitations.

To reserve your place please contact

Polyxeni Stavrou 0619559018 or at p.cands@yahoo.co.uk

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For more information please contact us or visit

www.intentionhealingpaths.wordpress.com

www.somanatomics.com

The Metamorphic Technique/ by Polyxeni Stavrou

Theory: The Metamorphic Technique is a healing technique that has its origins in reflexology. Specific points on the feet, the hands and the head reflect areas of our spine which correspond to a psychological map associated with our experiences during the prenatal period, from conception until birth. Those first experiences as a fetus are very important for our growth and depending on how they are recorded in our body, they work either as obstacles or as empowering tools that affect all our lives (relationships, work, luck, opportunities, emotions).

Therapeutic: A soft massage on the reflection points on the feet, hands and head initiates a “metamorphic process” similar to the one occurring to the caterpillar while transforming into a butterfly, restoring our vital energy, putting in motion our inner self-healing mechanism, promoting the revelation of our full potential. The metamorphic technique is exceptionally beneficial for pregnant women because it helps both the mother and the fetus to experience the gestation period and birth as a positive experience. Infants whose mothers have received Metamorphic Massage during pregnancy are born very calm babies, without stress!

Educational: This is a particularly easy technique to learn. Caretakers, midwives, doulas can benefit by applying this simple massage to their pregnant clients as part of their care plan. Apart from all the therapeutic benefits specific to this technique, the metamorphic massage also carries all the benefits of one hour of relaxation and it opens the way for communicating with your client and their unborn babies enabling trust and a deeper connection. Partners can also learn how to give a metamorphic to their pregnant partners. This is a highly spiritual moment to spend all of you together (mother, partner and baby). A lot of pregnant women chose to learn how to give the metamorphic to themselves to make it easier and more accessible: be able to give themselves a metamorphic whenever they feel they need it!

Neuro-movement Somanatomics/ by Christina Mastori

Theory: Somanatomics is a conscious movement practice & bodywork (hands-on technique) that provides tools for greater awareness and alignment, developed by Christina Mastori-dance & exercise scientist. We explore the connections of brain neurons, nerves and muscles, and what happens when our body doesn't respond to our commands or needs. A holistic approach on how the body functions and reacts to stressful feelings or situations. During manual techniques with palpation and light touch we explore and improve our senses and our awareness of the body and its responses to pain, tiredness, happiness, etc. Research has shown that working with touch and skin exploration mostly on the reflexology and nerve points of the ovaries and uterus helps with fertilisation and pregnancy anxiety. It has been shown that mothers' stress matters in determining the health and intelligence of unborn babies, with lifelong consequences.

Therapeutic: From the beginning of our life we experience mental, emotional and/or biomechanical changes that have a direct effect on the way we use our body, something that usually can be seen in our posture. During pregnancy, as soon as the end of the 1st trimester, the mother gains weight, experiences mood swings and tiredness. She feels the need to change the way she uses her body, in order to move more comfortably, as the weight of the womb starts to put pressure on her spine. After birth the mother needs to change again the way she uses her body, now without the baby weight. The new body positions required for nursing, and night wakings also create shoulder, neck and back pains that can continue even several months later with the same intensity. Somanatomics approach can help a mother to remove tension, balance the pelvic muscles and ligaments, and allow an easier deliver that is less traumatic for both mother and baby. Understanding your body and bringing balance in your system will help you have greater control over your movements. You learn to identify bodily responses such as pain, by combining what you are feeling and experiencing when moving according to the anatomical instructions. By listening to your body, you are also listening to your baby.

Educational: Somanatomics conscious movement sessions and bodywork provide guidance for a pregnant woman on how to allow her body to release tension, relax and find breath. A woman's body instinctively knows the path to birth. But by affirming and exploring the body/mind connection can be proven crucial for a safe and satisfying birth experience. Pregnancy and Postpartum are very important times in a woman's life to practice self-care. Recovering from birth is also a sacred and important time for healing-mentally, emotionally and physically. Caregivers, midwives, doulas, partners, etc can benefit from learning the palpation and light touch of the Somanatomics approach, which can have an effect on the nervous system, mental ease and overall well-being of a pregnant mother. To understand and apply the technique to yourself, your partner and/or your client you only need to be comfortable to touch or being touched. And to experience fully how both the mother's body and the baby in the womb respond to the soft touch and movement manipulation of the technique. The required anatomical theory is accompanying the training.

Benefits of the Metamorphic Technique and Somanatomics approach for pregnancy

1) Both techniques work through light touch and soft massage. Due to these elements alone, the treatments can help:

** Reduce stress:*

Massage on a regular schedule can help prepare you for the birthing process by alleviating both physical and emotional stress and tension. Recent studies have shown that women who suffer stress during pregnancy may transmit their anxiety to their unborn child.

** Alleviates physical discomforts:*

During the childbirth year your body will go through dramatic changes. As you gain weight and as the weight of the womb puts pressure on your spine, you may experience backaches, neck and hip discomfort as well as a painful delivery. Regular massage can help remove tension, help balance your pelvic muscles and ligaments and allow you to have an easier deliver that is less traumatic for you and your baby.

** Increase Circulation:*

An increase in blood and lymph circulation is one of the most important benefits of prenatal massage. It helps remove toxins, reduces edema (swelling of hands and feet), helps with varicose veins and leg cramps, it brings nutrition and oxygen to the cells of both you and your baby which is especially helpful if you don't get enough exercise.

** Promotes endorphins for you and your baby:*

Additionally, an increase in circulation can help decrease stress hormones and promote endorphins, the body's internal pain regulator, sometimes called the "feel good hormones". These endorphins can penetrate the placenta thereby soothing you and your baby.

** Improve Sleep:*

Most women find they sleep much better after a massage and are able to move with greater ease and comfort when they wake up.

2) Treat blockages in an holistic way:

The metamorphic works on unblocking psychological patterns.

Somanatomics work on unblocking physical patterns.

And they both promote mental and emotional balance.

Further more each session benefits both mother and baby!

We have discovered that the treatment plan that combines both somanatomics and metamorphic massage can offer the complete holistic support that mother and baby need to have a rewarding, stress free, pain free, fulfilling pregnancy and birth experience.

3) **Enhance awareness:**

Enjoy a journey of personal growth, self-awareness, learn more about your body, go deeper into your understanding and acceptance.

Make your pregnancy a learning experience that would follow you, in your role as a mother, and your baby during their developmental changes.

4) **Spiritual and energy movement:**

We are pure energy and light. Whatever happens to our body and our lives is a direct reflection of our energy balance. Both techniques work in the consciousness and they both function as catalyst for restoring energy balance in the body-mind system.

Energy work is proven to enhance good health for adults and children and this can be very important to a pregnant mother as her good physical and mental health has direct consequences on her baby.

Especially depressions and mood swings that are so common with pregnant women can very efficiently be alleviated through energy body work.

Babies at this early stage of gestation are, from an energy point of view, pure potential and the experiences they go through in the womb are very crucial for their development later in life.

Restoring energy blockages at this stage enables the healthy development of the baby's organs, reinforces natural blood circulation and good function of the endocrine system, reduces stress and empowers confidence and feelings of safety.

Awareness Intention Commitment

11 Affirmations for Pregnancy and Birth



- 1. I am always protected.***
- 2. I am part of the universe and I trust it.***
- 3. I have the wisdom, the strength and the guidance to handle whatever happens.***
- 4. My body is a satisfying enjoyable place where I feel safe.***
- 5. All my decisions are inspired by the divine.***
- 6. I forgive and I honor my parents.***
- 7. It is safe to be with other people.***
- 8. I accept that everything that has happened is for the best for me and for my child.***
- 9. I have all the resources that I need to be able to experience this in joy, harmony and love.***
- 10. All changes bring me more well-being.***
- 11. Everything will turn out well.***



SOMAnatomics Conscious Movement Exercise for Pregnancy Shapes

Connecting with yourself is an important task during your pregnancy.

It's a big job to pay attention to all the physical, emotional, and spiritual changes you're experiencing. It takes concentration to plan a future that includes a new role and a new person.

Finding a place of stillness for a few moments each day can help you do this crucial work. Even if your space and your schedule are crowded, you can find a place and time to keep a daily appointment with yourself.

Your daily check-in may be a few moments of silence, meditation, or affirmations. You can use this time to get in touch with not only your feelings, but also your body and the little one who is taking up more and more of it.

Close your eyes for a moment and listen to your breathing, then take an inventory of yourself: Are there any tense areas in your body -neck, shoulders, throat, hands, back? Is anything nagging at your mind? Doing a full-body and -mind check will help you identify what needs to be released, relaxed, or dealt with.

1. Stand still and place your palms, one over your tummy and one under your belly.

Inhale from the nose and exhale from the mouth.

In every breath slowly transfer your weight from one leg to the other by bending one knee at a time.

Allow yourself to feel the surface under your feet and explore the support it provides.

Give some time to feel if the baby reacts to this movement and try to follow the baby's position by lightly palpating your tummy.



2. Find a comfortable place to sit on, preferably a bounce ball.

Breathe as above! Place your palms as above!

Slowly transfer your weight from one leg to the other, rolling on the ball or sliding on a pillow/floor/bed.

Allow yourself to feel your bones on the surface that you are sitting. And imagine that this way you are creating more space.

Give some time to feel if the baby reacts to this movement and try to follow the baby's position by lightly palpating

By moving consciously you are gaining a deeper understanding of your body but also include your baby in your activity of awareness.

You are becoming more aware of the way your baby moves, and your baby can synchronise its movements better to yours.

www.somanatomics.com