



***Pregnancy, Birth, Women's Health  
& the Extraordinary Vessels***  
***A three day course with Suzanne Yates***  
Internationally acclaimed author of  
*Shiatsu for Midwives* and  
*Pregnancy and Childbirth: A Holistic Guide to  
Massage and Bodywork*

**August 6<sup>th</sup>-8<sup>th</sup>, 2011**

**At Breathing Time Yoga**

**541 Pawtucket Avenue, 2<sup>nd</sup> Floor**

**Pawtucket, RI (near Providence, just off I-95)**

*This course is appropriate for Shiatsu practitioners and Acupuncturists  
23.5 NCCAOM PDA Points*

**You will learn:**

1. *Shiatsu techniques, including exercise and breathing, for pregnancy, labor, and the postnatal period for the mother, including positioning;*
2. *The theory of pregnancy from both a western medicine and traditional Chinese medicine perspective, particularly in relation to bodywork;*
3. *The relationships between the Extraordinary Vessels and pregnancy, and how to integrate them into your healthcare practice for releasing long-term patterns.*

Day 1: Saturday, August 6<sup>th</sup>,  
9:00 a.m. – 5:00 p.m.  
(registration 8:00 – 9:00 a.m.)

- *The Penetrating Vessel and Blood*
- *Fertility, First Trimester and Postnatal Focus*

Day 2: Sunday, August 7<sup>th</sup>,  
9:00 a.m. – 5:00 p.m.

- *The Girdle Vessel and Pelvic Issues*
- *Later Pregnancy, Birth and the Postnatal Period*

Day 3: Monday, August 8<sup>th</sup>,  
9:00 a.m. – 5:00 p.m.

- *The Three Burners/Triple Heater and the Lymphatic System*
- *Work with Scars and the Effects of Birth*

**About Suzanne Yates BA (Hons), DipHSEC, MRSS(T), APNT, PGCE:**

Based in England and teaching internationally, Suzanne Yates integrates shiatsu, massage, pre- and post-natal exercise/education, infant massage, and relaxation. For over 20 years, she has worked to support the wisdom of parents and babies by promoting the use of bodywork as a core part of 21st century maternity care and women's health. Her passion lies with integrating eastern and western approaches to offer a complete health care system for women at all stages of their lives. Suzanne was recently made an honorary member of the American Organization for Bodywork Therapies of Asia (AOBTA). For more information on Suzanne's work, teaching, and publications visit her website at [www.WellMother.org](http://www.WellMother.org).

**Workshop Fees:**

- All Three Days: \$340 full price; early booking \$320 by June 7<sup>th</sup>, \$330 by July 7<sup>th</sup>
- Any One Day of the Course: \$160 full price; \$140 by June 7<sup>th</sup>, \$150 by July 7<sup>th</sup>
- People who have attended this training before get a 20% discount

***PRE-REGISTRATION REQUIRED***

To register or for more info, contact Karlo Berger at [Karlo@KarloBerger.com](mailto:Karlo@KarloBerger.com) or 401-383-0661  
Homestays are available, please inquire.