



2019 Learning to Birth Online Summit

Week 1 Speaker Program

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October 21 - Anne Margolis - Don't Fix What Isn't Broken



Anne Margolis is a Licensed Certified Nurse Midwife, Certified Yoga Teacher, and Certified Clarity Breathwork Practitioner. She is a 3rd generation guide to mommas birthing babies in her family. Anne has helped thousands of families in her 20+ year midwifery practice and has personally ushered the births of over 1000 healthy babies into the world. Anne is a two times number one national and international best selling author of '[Natural Birth Secrets: An Insiders Guide How To Give Birth Holistically, Healthfully and Safely, and Love the](#)

[Experience](#)'.

- Anne shares her meteoric rise from midwife to social media influencer
- The background of how she developed her holistic midwifery model
- How she overcame her own fear of birth and babies
- Her journey from experiencing birth trauma to holistic birth advocate
- The secrets to sensuality and creating a homebirth-like environment
- How to ground and centre to tap into your inner calm
- The benefits of breathing exercises for relaxation & healing
- "Without shame a baby is joy." Reclaiming our identity before trauma

Buy the book: <https://amzn.to/2OpPTFB>

<https://www.instagram.com/homesweethomebirth/>
<https://www.facebook.com/homesweethomebirth/>
<https://www.linkedin.com/in/anne-margolis-83315081/>

October 22 - Caroline Murray - Helping Pregnant Women Give Birth Naturally



Caroline Murray practiced as a social worker for 10 years, working with children and families in both the state and voluntary sectors. Meeting her husband at a business networking event, she quickly became pregnant, and committed to becoming a full-time mother and homemaker, going on to have a further three children. All birthed at home, she is determined to impart what she has learnt to

others. The journey of motherhood has inspired her to write, and she has had articles published relating to motherhood and birth. Caroline is author of '[Natural Birth in a Nutshell](#)' and creator of an upcoming natural birth education series.

- How to feel confident that your body can do this
- Start your journey feeling happy, fulfilled and connected.
- Feeling comfortable even when others don't like your decision
- Creating healthy boundaries between yourself and others
- Feeling secure even when others share "horror stories"
- Setting the scene for the birth experience you will remember for the rest of your life

Buy the book: <https://amzn.to/2ItfsSy>

www.naturalbirthinanutshell.co.uk

<https://www.facebook.com/naturalbirthinanutshell/>

<https://www.linkedin.com/in/caroline-murray-14462858/>

October 23 - Catherine Bell - Say goodbye to the good girl



"By the time my third was born, I had trained as a doula (with Optimum Birth and under the mentorship of Jennifer Staniforth) and as a breastfeeding educator and counsellor (with the Australian Breastfeeding Association). Bellabirth.org was born out of my drive to share this knowledge. I realised I was The Birth Cartographer. Using my Science degree (majored in Anthropology and Biology), my honours (morphology), my Masters (Science

Communication) and the specialist certificates in Breastfeeding Counselling and Education and as a doula, I set off on my mission: To provide all women with the means to make informed decisions regarding their pregnancy care, labour, birth and parenting."

- The benefits of using a birth map over a birth plan
- Preparing yourself to choose your own birth goals
- How to create your own interactive and adaptive birth map
- How to prepare our mindset for navigating the birth industry
- Empowering ourselves as women who don't need anyone's approval
- How to align our care provider with our intentions and goals
- How to ask questions and which questions to ask
- How to rebalance the power between you and a care provider
- How to match your values to a caregivers values

<https://www.linkedin.com/in/bellabirth/>

<https://www.bellabirth.org/bellabirth-member.html>

<https://au.blurb.com/b/9190122-the-birth-map>

**October 24 - Maha Al Musa, EmbodyBirth™ Founder and Mentor,
Award-Winning Author and International Speaker - Birth as Story**



Maha Al Musa is an International Independent Childbirth Educator since 1997, the Founder and Creator of EmbodyBirth™ (Maha's signature childbirth education and preparation program for mothers-to-be and birth professionals worldwide) and BellydanceBirth® (Maha's award winning prenatal dance exercise video series), Award Winning Author of the Dance of the Womb Book, International Speaker, Breastfeeding Advocate, Pregnancy and Birth Consultant and a mother to 3 beautiful

children, all born as nature intended. Maha gave birth to her last, her daughter Aminah, when she was 46 years of age - a home water lotus birth and breastfed her till she self weaned at 8.5 years.

- Using movement, sound, and breath, to connect to our bodies and babies
- The sacredness of birth as an emotional journey of transcendence
- The power of birth for evolving our consciousness
- What it really means when labor stops or fails to progress
- The meaning of feeling rooted in earth and the connectedness of sisterhood
- Unfurling the layers of past emotional trauma to reveal our inner power
- What the world is really being robbed of when we numb and silence women

<https://mahaalmusa.com/danceofthewomb/>
<https://mahaalmusa.com/bellydancebirth/>
http://instagram.com/maha_al_musa

October 25 - Lia Berquist - Having Faith in Fathers



"My name is Lia Berquist. I have been teaching childbirth classes in The **Bradley Method**® in Long Beach, California since 2011. I have a Bachelors of Science in Human Environmental Sciences, but childbirth is my passion. In 1998, after taking Bradley® classes myself, I gave birth naturally, in a hospital, to our baby girl. Ten years after that, I gave birth to our second baby girl at home, thanks to my Bradley coach, a licensed midwife (ask me who) and

The Bradley Method ®"

- The principles of a sound birth education program
- Making the partner as part of the birth support team
- How relaxation is the cornerstone of pain reduction
- The three levels of relaxation - physical, mental, emotional
- How much protein you need to be healthy during pregnancy & breastfeeding

Buy the book: <https://amzn.to/359gZH7>

<https://twitter.com/liaberquist>

www.yournaturalbirth.net

<https://www.instagram.com/yournaturalbirth/>

October 26 - Tasha Jennings - Put Down Your Paint Brushes



Tasha has been a Naturopath and Nutritionist for the past 15 years, working in clinical practice, product and program development, teaching and training. Tasha's first book the Vitamins Guide was published in April 2013 and is now reaching it's third reprint. Her second book [The Fertility Diet](#) was released June 2015 to a sell out launch. Her passion for fertility and pregnancy health lead to the development of her company Zycia, and

specialises in premium nutrition to support fertility and conception, through to pregnancy and breastfeeding.

- The most important 90 days of your baby's life
- Overcoming fertility struggles with nutrition
- The most important nutrients you'll need
- Healthy sources of choline and folate
- How not to be fooled by folate supplements
- Eating like our grandmother's for health and wellness

Buy the book: Fertility Diet: <https://amzn.to/2Os6XeI>

<https://tashajennings.com.au/>
<https://www.facebook.com/tashajenningsnd/>
<https://www.facebook.com/conceivebaby/>
<https://www.facebook.com/zycia.preg.nut/>
<https://www.instagram.com/tashajenningsnd/>
<https://twitter.com/tashajenningsND>

October 27 - Sharon Tenuta - Tuning into Birth as a Natural Process



Formerly a music teacher, Sharon Tenuta is a Natural Counselor, Doula, Body Talk Practitioner, Natural Health and Natural Pregnancy Coach, HypnoBirth Educator, and Birth Educator from “In Touch and In Tune.” Her personal passion is helping parents prepare for Lotus Birth.

- How a triangle of tension and fear causes pain
- Getting in touch with birth as a natural process
- Transcending fear and the pressure of culture
- The benefits of hypnosis for birth
- What a lotus birth is and how to have one
- Why a parent chooses lotus birth
- Body talk for connecting head to heart, belly & placenta
- Lotus birth in hospital

Buy the book: <https://amzn.to/35fMPSf>

www.intouchandintune.com

<https://www.facebook.com/intouchandintunesewisconsin/>

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