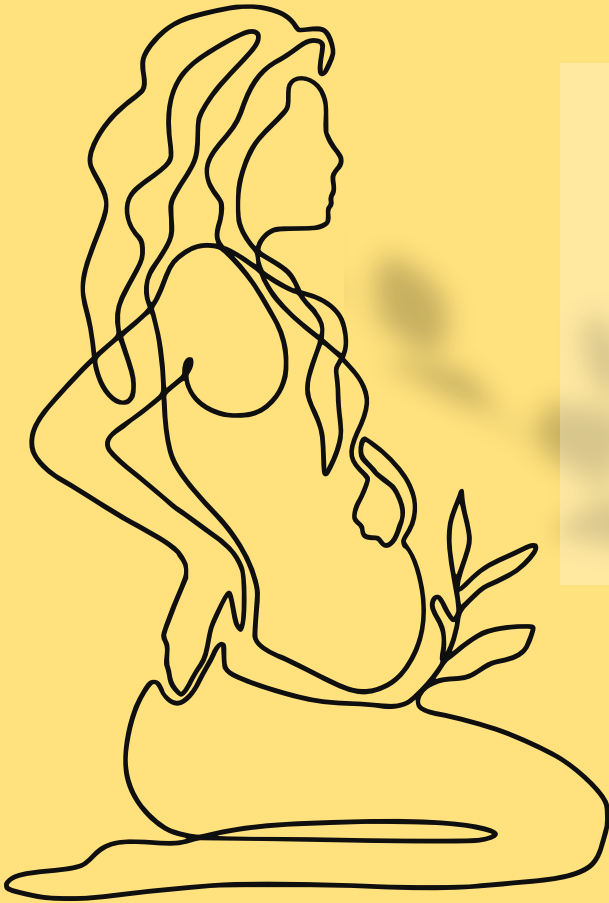


DANCE THE COSMOS WITHIN

PRESENTED BY BMOM AND
EYWA360:





For mothers, doulas,
midwives and any health
professionals in direct
contact with expecting
women.

When to start the sessions?

From 28 weeks – 40 weeks (41
weeks or childbirth)

The idea is to bring innovative
and creative pain coping skill
methods to women who would
like to give birth naturally.

THIS CONCEPT IS BASED ON;

Afrikan wisdom through visualization.

Empowerment

Maternal competencies (body listening)

Breathing

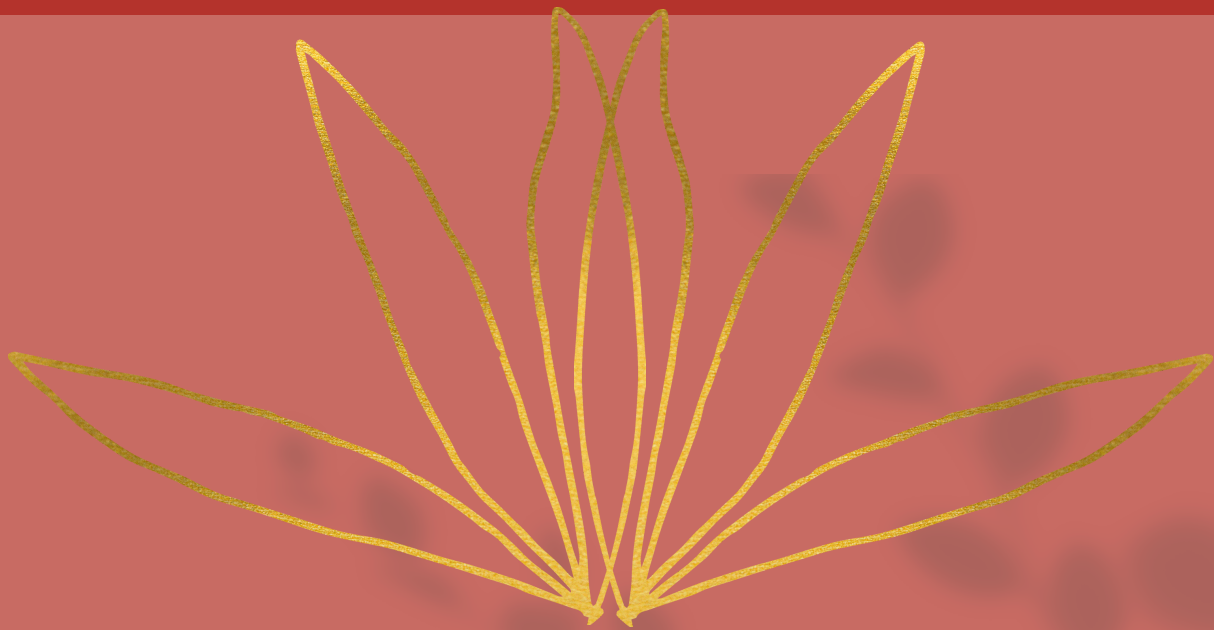
Gravity

Stretching

Movement

All of these combined together will help women be focused on their "within" and understand their connection to the environment and the world. With a goal of teaching women how to use internal and external resources as their main way of developing their coping skills.





Labor is known to comprise 4 main stages;

- Dilatation
- Childbirth
- Placental expulsion
- The recovery phase.

The first stage is formed by 3 Phases;

The latency phase, where contractions can be of weak intensity.

The active phase, when the cervix is opening up to 6 cms accompanied by long, painful and regular CU

The transitional phase, the last phase where the cervix is now opened at 10 cms and is ready for childbirth.

Dance the cosmos within is made for the active phase. It helps women by providing them empowerment and pain coping skills. It also focuses on the baby's descent in the birth canal.

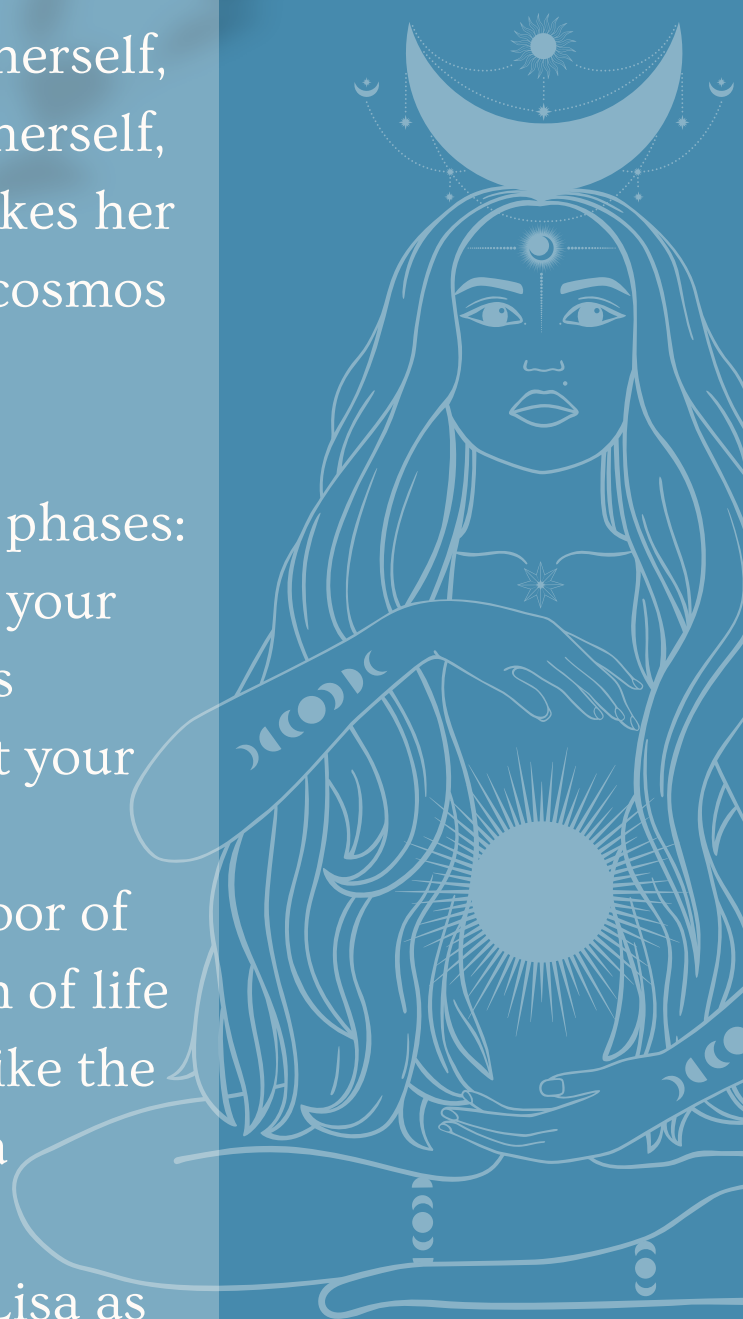
This concept is based on MawuLisa, she is a creator, a goddess, she represents the moon and the sun. She gives the breath of life.

She holds everything within herself, she has the power to talk to herself, others, animals etc... This makes her connection to the earth and cosmos undeniable.

The session is comprised of 3 phases:

1. Warm up: Rise up into your MawuLisa Goddess
2. Dance: Love and accept your cosmic power
3. Childbirth: Open the door of humanity, give the breath of life and birth in power just like the goddess MawuLisa

You have to imagine MawuLisa as this powerful goddess associated with the moon, the sun, The African Mother and creator of the Earth.



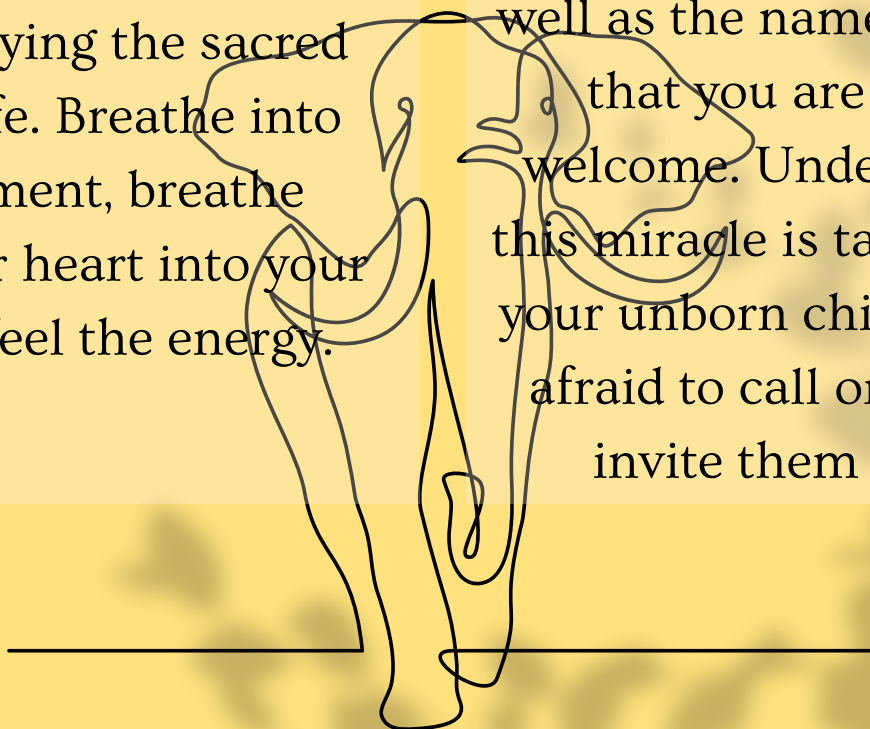
1 - She is symbolized by clay and the moon. She arrives on elephant back, expectant with spring's creative energy.

She makes people and animals out of clay and gives them the breath of life. As a mother figure she inspires abundance and imagination.

In this first part Rise up; Every movement is designed to wake you up, wake your energy up, so you're able to feel and embrace your powerful MawuLisa goddess residing within. With the sun and the moon on your chest, you are carrying the sacred breath of life. Breathe into the movement, breathe through your heart into your womb and feel the energy.

Recognise this reconnection to the self. Each movement is a deep reconnection to yourself, to your environment, to others, to the universe, the cosmos and this is where we are taking our power from.

Just like in life, let your fierce feminine energy flow and be free to rejoice in this new life. Call on MawuLisa as your source of power since just like her you made your land fertile, welcome her and in the silence of this miracle of life, call your own name as well as the name of the baby that you are about to welcome. Understand that this miracle is taking form in your unborn child, do not be afraid to call on them and invite them into life.



2 - You are in the cycle of life, the lunar cycle, the sun cycle meaning you are wisdom, knowledge you only need to listen to your Mawu lisa within. She is the goddess of motherhood and this is the path you take to meet her. To impersonate your Goddess within; align, breathe, create, imagine, visualize the power it took Mawu to create the world. Breathing life into her 15 babies, she passed this secret unto us. We and you are the only ones who have the secret to walk on this journey because before you, Mawu did it, women did it, your great mother did it, your grandmother did it, your mother did it and so you are doing it.

Like Mawu call on your divine knowledge, like Mawu who provided us with the world, the essence of life and our soul; breathe deep, connect and reconnect with yourself and believe that you have the power to give life, you are right now living life greatest Miracle so be strong, embrace it, live it and welcome each contraction as a wave of liberation. Each contraction is getting you ready to open up, each one positioning your baby within your pelvis, so breathe in the contraction and breathe out peace and confidence, relax when the contraction is away and let go of the fear of them. Instead, welcome them and they will lead you to your baby.



3 - At this point, you are in a place mentally, where you have already visualized your baby coming to life with serenity, moving softly, breathing deeply and stretching. It's time to feel your strength, be fierce. No need to be scared of this last wave of pain, once again welcome it with love, breathe with and through it. You are fully dilated now so prepare to meet your most precious treasure, breathe life into your baby, stay focused and open for these last subtle movements that will help you cope with the pain of your baby's descent. Just like Mawu Lisa knows your power, you are about to give life, while resting in this newfound power.

Gather your last bits of energy and breathe into pushing out your baby. Can you feel how liberating it is? You are doing it! Just like the women that came before you, you were meant to be this woman, a mother. A mother who is about to welcome her beautiful baby and hold them tight against you skin to skin. Look at this beautiful baby with love.



Remember this journey belongs to you. Whatever happens on this journey remember that your only mission is to go get your baby.

Your one and only goal is to get your baby, whatever your decisions, wherever your journey takes you, you must be proud of it. It belongs only to you and this is the definition of a journey of love.

We are accredited by the International Practitioners of Holistic Medicine. We are confident that this birth preparation session could be an asset for health professionals.

This is why Sylvette Annibal, Dancer and Therapist and Klara Annibal, Midwife and technical advisor in maternal and newborn health are proud to propose workshops to Doulas, midwives and any other individuals or entities interested in learning and passing this concept on.



If you are interested in this concept, please contact:

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