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DANCING FOR BIRTH™ ANNOUNCES INSTRUCTOR OF THE YEAR

New Hampshire Instructor Julie Mudd Proud Recipient of Inaugural Award

ST. LOUIS (OCTOBER 3, 2014) – Dancing For Birth™, the global class providing pregnant and new moms feel-good fitness, cutting edge birth wisdom and celebration of the birth journey, recently named Julie Mudd as its 2014 Instructor of the Year.

Mudd was selected from several hundred Dancing For Birth™ instructors eligible for the award.

"This award grew out of women's appreciation for Dancing For Birth™ classes and their instructors," said Stephanie Larson, Dancing For Birth™ founder.

Mudd was nominated for the award by a multitude of grateful students like Christyn Bergquist, who said, "I'm not sure how I would have made it this far in my pregnancy if not for Julie Mudd and Dancing For Birth! Julie has created a space for us moms to find support, laugh and cry. She has an incredible gift and my family and I are better because of her!"

Mudd was teaching childbirth education when she became a certified Dancing For Birth™ instructor three years ago. She said it was a perfect supplement to the curriculum she was already teaching, and that she loves the joy and fitness aspects that are part of the Dancing For Birth™ program.

"I hope my students gain confidence in themselves when dancing," said Mudd. "It's this confidence that is surely beneficial to the process of birth, and also beneficial in their new identities as mothers."

She also said she feels blessed to have found friends in her students, and appreciates those who took the time to convey their appreciation through nominating her for the Instructor of the Year award.

"Winning this award has been a true test in humility. I was humbled and immediately overjoyed," said Mudd. "For me, this award is a testament to the joy I feel when teaching,"

Born in Windham, Conn., Mudd now resides in Bedford, N.H., and is the proud mother of two boys, ages 4 and 7.

For more information, please visit www.DancingForBirth.com.

About Dancing For Birth

Stephanie Larson founded Dancing For Birth™ in 2000, when she realized her lifelong dance experience, which helped her give birth naturally, was a benefit to her birth doula and childbirth education clients as well. She began holding Dancing For Birth™ Instructor Training workshops in St. Louis, MO in 2007, and expanded in 2009 to offer international instructor trainings.

Dancing For Birth™ prenatal/postpartum classes teach a “language of movement” specially designed for women in any stage of pregnancy or who are planning to conceive, and for postpartum women wearing their babies in soft slings or wraps. Though the movements are inspired by ancient dance forms, the 90-minute weekly classes, which combine dance with essential birth skills, are the wave of the future of birth and resonate with women around the world.

Classes are available on four continents and are continuing to expand. To find a class, please visit <http://dancingforbirth.com/classes/>

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