

International Cesarean Awareness Network

# CLARION

FALL 2015

BIRTH & ART

**DANCING  
FOR BIRTH**

EMOTIONAL HEALING

FALL 2015

# ICAN's BOARD

President

**LaQuitha Glass**

[PRESIDENT@ICAN-ONLINE.ORG](mailto:PRESIDENT@ICAN-ONLINE.ORG)

Vice President

**Lindsey Seger**

[VP@ICAN-ONLINE.ORG](mailto:VP@ICAN-ONLINE.ORG)

Treasurer

**Mychel Hefner**

[TREASURER@ICAN-ONLINE.ORG](mailto:TREASURER@ICAN-ONLINE.ORG)

Secretary

**Megan Nickel-Martin**

[SECRETARY@ICAN-ONLINE.ORG](mailto:SECRETARY@ICAN-ONLINE.ORG)

Member(s) at Large

**Christa Billings**

[ADVOCACY@ICAN-ONLINE.ORG](mailto:ADVOCACY@ICAN-ONLINE.ORG)

**Lakeisha Dennis**

[CHAPTER.DIRECTOR@ICAN-ONLINE.ORG](mailto:CHAPTER.DIRECTOR@ICAN-ONLINE.ORG)

[www.ican-online.org](http://www.ican-online.org)

International Cesarean

Awareness Network, Inc.

PO BOX 573

Glen Alpine, NC 28628

*The information in this newsletter is intended for general consumer understanding and education and is not provided as a substitute for professional advice. ICAN encourages women to discuss these issues with a trusted healthcare provider. Opinions expressed by the content and advertising in The Clarion are not necessarily the views of ICAN, Inc.*

## CONTRIBUTE

send your corrections, suggestions, ideas, and thoughts to:

[publications@ican-online.org](mailto:publications@ican-online.org)

# Contents

Letter from the President	3
Dancing for Birth	5
Emotional Healing & Recovery	7
Private Matters of Birth & Art	10
Volunteer of the Month	
August	11
September	12
October	13
Featured Chapter //	
Jakarta Selatan	14
Birth Story // Monica Cruz	15
Healing Your Birth Story	17



## COVER PHOTO

Cover photo:  
Candace Fezell and son,  
Haven, a VBAC after 24+  
hours. Photo courtesy of  
Fezell family.



Birth is an experience that calls upon us to yield to the present moment with every part of ourselves; our physicality, our emotions, our spirituality, and our whole heart. It is a sacred and visceral awakening of our primal and powerful mothering selves.

Within global Dancing For Birth™ classes, women are learning how to play the leadership role in our own births™ to recognize and follow our inner wisdom and the instinctive movements of our bodies in order to have shorter, easier and safer births. This whole-woman approach to birth preparation and mothering is having a tremendously positive impact on our pregnancy experiences, our birth satisfaction and our empowerment as women and mothers. Venus, a first time mother from Australia, says, "It's

the celebration of pregnancy with other beautiful bellies to connect, share, dance, move and play! Is an absolute joy and one the highlights and special part of being a woman on the rite of passage to becoming a mother."

If we've never given birth before, we may think, "I don't know how to give birth, I've never done it before!" Yet women are inherently powerful and capable, guided by 200-million-year-old instincts that lay dormant inside all placental mammals, awaiting just the right moment to come to the fore. In weekly, ongoing Dancing For Birth™ classes, we learn what our primal instincts are and how to awaken them. We practice movements that feel good and use gravity to assist our birthing. We discover how to align baby in the best position for

birth, and how to re-align if baby gets into a difficult position. We learn to adjust our own position to open the pelvic outlet to the fullest. We learn to value sensation for its ability to guide our movements in response to our baby's need for rotation, descent and more space.

Because our peace of mind is important, we begin and end class with self-reflection and affirmations. We dance in a circle and become sisters. We support each other to be authentic rather than trying to fit into a pre-conceived idea of what we should be or how we should feel. The fusion of pre/postnatal fitness, child-birth/mothering education and celebration/support in a powerful ongoing class makes Dancing For Birth™ classes a unique and effective choice for women at

## Dancing For Birth Continued



all stages of pregnancy and new motherhood. Sara Goldin an RN and Certified DFB™ Instructor from Cape Coral, Florida, states, “As a labor and delivery nurse I think it is so important to help prevent primary cesareans by giving women the knowledge and tools to trust in themselves and their bodies to deliver happy, healthy babies. I believe that Dancing For Birth™ combines the most important tools that women need during preconception, during pregnancy and delivery, and during the postpartum period. They are [exposed to] empowerment, education, and overall wellness!”

Moving our bodies by dancing engages our feeling brain; the

creative and intuitive part of ourselves that knows nothing of past or future but lives purely in this moment. It triggers the release of the love and euphoria hormones oxytocin and serotonin and gives us a deep sense of wellbeing. It has been proven to decrease depression and to improve memory and mental functioning. Dancing during pregnancy can bring joy and pleasure, alleviate aches and pains, and boost energy. Sharon Johnson, a CNM, shares: “Really excited, wanted to share 2014 class statistics! Dancing For Birth™ makes such a difference! Of the moms who attended Dancing For Birth™ classes in my Westlake, Ohio hospital based midwifery practice throughout the year, (73%) had a

natural childbirth, (15%) had an epidural and (12%) had a cesarean. [In contrast], the most recent United States cesarean rate is 32% and epidural rate is 60%.”

In this age of increasingly medicalized birth, the delicate balance of instinct, hormonal release, and freedom of movement that is imperative for birth to proceed normally can be easily sidelined when a care provider or facility is unaware of how to best support normal physiologic birth. If we have given birth before and the birth didn't go as we wanted we may have small or enormous hurts to grieve and heal. We may feel like our care provider, our birth facility or our body betrayed us. It can be tremendously healing when we are supported in Dancing For Birth™ class to listen to our inner-wisdom, re-connect with our bodies, embrace our sensuality, trust our instincts and value our sensations and experiences. As stated by Tammy Sandel from Indiana, “I knew it would be fun; didn't realize it would be healing!”

No matter what point of our birth journey we are on, or where in the world we live, we can find a Dancing For Birth™ class to support ourselves as whole-women by going to [www.DancingForBirth.com](http://www.DancingForBirth.com).



▶ **STEPHANIE LARSON** is the Founder of Dancing For Birth™, which holds global pre/post natal classes for women. As a leading world expert on utilizing movement to support birth, Stephanie Larson was named USA's National Birth Hero in recognition of her monumental work. As the Master Trainer for Dancing For Birth™ she facilitates worldwide accredited practitioner trainings enabling birth professionals to integrate DFB™ techniques into their work and to become Certified DFB™ Instructors. Larson's appearances include DONA, Lamaze, CAPP, ICAN, CIMS, ICEA, AWHONN, CBS, NBC and FOX. She is a mom of four who is passionate about ending forced lithotomy position and has dedicated her life to helping women activate their instincts for empowered birth and parenting.

