

3rd International Conference on

NURSING & MIDWIFERY

May 23-24, 2018 | New York, USA



Anne Margolis

Home Sweet Home Birth, USA

Clarity Breath Work

Workshop will include:

- Brief intro of Anne Margolis own story and why she is passionate about sharing this with people and their health care practitioners,
- This revolutionary, transformative and healing modality to all those who have baggage, inner stress, emotional pain and past trauma - as part of being human
- What is Clarity Breath Work?
- How it works on many levels to Unlock and Release Trapped Energy of Trauma, Inner Stress and Emotional Pain
- What is root cause of most modern day chronic physical and emotional dis-ease, contributing factors?
- How animals and babies/toddlers handle stress/emotions, changes with conditioning
- Setting Boundaries and Safe Space for Practice and Group Sharing
- Dance/movement if time to move emotion
- Common sensations/resistance, ideal mind set for breath work sessions
- Demonstration and Breath work Practice
- Integration

Biography

Anne Margolis is a Licensed Certified Nurse Midwife, OB/GYN Nurse Practitioner, Certified Yoga Teacher and Clarity Breath work Practitioner. She is a 3rd generation guide to mommas birthing babies in her family. She 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. Through her online childbirth course 'Love Your Birth', her online and in-person midwifery for pregnancy and postpartum support consultations, and her holistic gynecology offerings she infuses wisdom, compassion, inspiration, and joy into the entire process of women's wellness from mama-hood to menopause. Her work, insights and advice have been seen on TV shows and movies including 4 episodes of "A Baby Story" on TLC and the Discovery Channel, and the award winning feature documentary, 'Orgasmic Birth.' She is featured on the upcoming documentary, "The Human Longevity Project" to be released on 5/18. She has been interviewed for local and national radio programs and podcasts. She has also been a featured speaker and expert panelist at distinguished events for Weil-Cornell School of Medicine, the University of Pennsylvania School of Nursing, RCC State University of New York School of Nursing, and BirthNet Association of Childbirth Professionals and Hudson Valley Birth Network to name a few. She has midwifed mommas and babies for over two decades, with clients describing her as "passionate, sensitive, big hearted, and a playful ball of light."

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