FOR IMMEDIATE RELEASE

South African State Theatre Hosts Mmatshilo Motsei for Conversations with the Author: Ways of Being Born

Pretoria, South Africa – The South African State Theatre (SAST), through its Conversations with the Author programme, welcomes acclaimed author, healer and thought leader Dr Mmatshilo Motsei for an engaging conversation around her book, Ways of Being Born: Tracing the Footprints of Birth in Africa, on **8 October 2026 at the Intimate Theatre**.

Ways of Being Born is a powerful tribute to Indigenous midwives and the traditional birthing knowledge they continue to preserve. Drawing from ancestral guidance, academic inquiry and Motsei's lived experience as a trained midwife and spiritual healer, the book explores childbirth as a physical, cultural and spiritual African rite of passage.

Grounded primarily in South Africa while drawing connections with birth rituals and ceremonial practices across the continent, the book challenges the medicalisation of childbirth and interrogates obstetric violence, colonial histories and the marginalisation of Indigenous knowledge. At the same time, it presents African birth knowledge not as something belonging to the past, but as living, evolving knowledge capable of contributing to more humane approaches to contemporary childbirth.

Motsei brings a remarkable combination of scholarship and lived experience to this conversation. With a background in nursing, midwifery, psychology and creative writing, as well as a PhD in Sociology, her work bridges African spirituality, healing, scholarship and social transformation.

This Conversations with the Author session offers audiences an opportunity to encounter the ideas behind the book directly with Motsei and engage in a timely conversation about birth, Indigenous knowledge, women, healing and the importance of reclaiming African ways of knowing.

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Join SAST for an afternoon of reflection, knowledge and conversation that asks us to reconsider birth not simply as a medical event, but as an experience deeply connected to culture, ancestry and humanity.

Event Information

Event: Conversations with the Author – Ways of Being Born: Tracing the Footprints of Birth in Africa
Author: Dr Mmatshilo Motsei
Date: **8 October 2026**
Venue: **Intimate Theatre, South African State Theatre, Pretoria**
Category: Current Affairs / Health
Audience: Adults
Book Price: R280
Books will be available for purchase.

#WaysofBeingBorn #IndigenousMidwifery #DecolonisingHealthcare #MmatshiloMotsei

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