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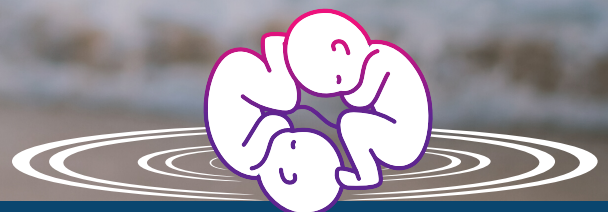
# SUPPORTING CONCEPTION, PREGNANCY & BIRTH WITH WATER

in CORFU GREECE

with SOPHIA MICHALOPOULOU

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PREPARATION RETREATS / CLASSES / PRIVATE SESSIONS



[WWW.AQUAGENESIS.GR](http://WWW.AQUAGENESIS.GR)



Water simulates a womb like environment which allows pregnant persons to listen, feel and connect with their babies deeper, to let them know it is safe to be born.

# SUPPORTING LIFE WITH WATER

## 01.

### **The Benefits of Water.**

It's not just about a Water Birth but a continuum of experience that can support you and your baby from conception onwards.

## 02.

### **Water for Two**

Water allows your partner to be immersed in the preparation experience of giving birth with you and to feel more included.

## 03.

### **What is a Birth Companion?**

Have you thought about hiring a pregnancy and birth companion or doula? Women who do, are known to experience an easier more empowering birth.

## 04.

### **Birth in Corfu.**

Whether you are on a preparation holiday in Corfu or living here permanently we are here to support you and your baby.

# THE BENEFITS OF WATER

## How can Water support your Pregnancy and Birth?

AQUAGENESIS means we are born of water. Water is Life. Without water, there would be no capacity for the conception of life. There is an affinity to water the soul remembers. It allows for a sense of belonging, a visceral sense of connection and oneness, in the water you can experience deeper more palpable feelings of love.

Supporting Pregnancy and Birth with Water means you and your baby are simultaneously supported throughout your pregnancy, during your birth and postnatally by the multiple benefits of water, naturally. AQUAGENESIS works with water to support the entire birth journey, not just a water birth and the benefits are many.

Prior to conception, for example, when your body is well-hydrated you create a healthy womb environment for your baby to be conceived in. Hydration for conception and pregnancy is not only achieved by drinking water. If you are wanting to conceive the benefits of water preparation are many.

In the second trimester when you usually feel your baby is safe and secure you can start enjoying your pregnancy and come to the water. When you float, your baby floats, when you relax your baby relaxes. Mothers report that they experience a deeper bonding with their babies in the water.

There are many ways to benefit from water during your pregnancy at home, on holiday in Corfu or in specialised classes. We create unique pregnancy support programs tailored to you and your baby's specific needs. The best news is that to benefit from the life-enhancing value of water you don't need a pool or expensive facilities.

Many women feel disappointed that they didn't get to experience a water birth even if they went to great lengths to have it available for them. Supporting your pregnancy with water means you and your baby can benefit from water even if you don't actually give birth in the water. Why not check out our 5-week Preparation with Water Program online?

Once your baby is born, water helps maintain a continuum of experience that allows your baby to feel at home in her own body in more familiar surroundings. We observe a considerable difference in babies that experienced a natural birth when they come for a baby healing bath or a baby swimming class.

SOPHIA MICHALOPOULOU supports individuals, couples and families on the island of Corfu, Greece as a professional therapist and educator. She also offers her services online and is available to accompany pregnancies and births in Europe as a full-spectrum doula.

# WATER FOR TWO

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**Water allows your partner to feel included naturally.**

Holding someone in your arms is intimate. The very nature of water itself is intimate. Put two and two together and you have very intimate indeed. But, intimate does not mean sexual, erotic or provocative. Being aware of one's personal space and feeling their energy in a palpable way while respecting their borders and boundaries is an integral part of preparing for the most intimate experience of all, giving birth.

Holding space for and supporting another in an intimate way has a purity of intention and a longed-for familiarity between partners that is rarely experienced in the speed of the everyday. Water offers a gentle touch, deep listening and the allowing of another's breath to expand and contract more fully than on land. All of which are vital qualities to experience while preparing to give birth.

Preparing for Pregnancy and Birth with Water allows you and your partner to immerse yourselves in the shared experience of becoming parents while bonding more deeply with your baby who is simultaneously immersed in amniotic fluid. While in Corfu you can share a one-off Water for Two session or a series of sessions especially planned for you. The benefits of these Water for Two sessions are:

- ~ Exploring supportive holds and moves for birth
- ~ Increasing oxytocin levels naturally
- ~ Reducing stress mentally and physically
- ~ Strengthening trust and belief in each other
- ~ Creating a deeper bond with baby
- ~ Understanding natural pain relief and breathwork
- ~ Learn to create safe containers for your baby

Water is a natural element that behaves according to natural laws. This encourages you to drop into a deeper state of trust in Life and in your natural capacity to give birth.



# WHAT IS A BIRTH COMPANION?

Otherwise known as a Doula, a birth companion is someone who will be there just for you and for as long as you need them to be during your pregnancy, birth and post partum.



## What do birth doulas offer?

### Physical Support

A 'water' doula will specifically use the natural capacities of water to soothe, relax and prepare you and your baby for the experience of being born. A doula usually has many tools up her sleeve for comfort and labour progression. Measures like comforting touch, counter pressure, aromatherapy oils and breathing techniques.

### Emotional Support

Doulas help families to feel supported, easing the emotional experience of birth and also helping to create a space where the hormones of labor can work at their best. Whether a birth is completely unmedicated or medically very complex, every family can benefit from nurturing and connection at this tender, incredible time in their lives.

### Partner Support

Whether it's a romantic partner, a friend or another family member like the baby's grandma, the birth partner's experience matters in birth. A doula is there to support every birth partner in being as involved as they'd like with the birth. Physical and emotional support make a huge difference for everyone involved.

### Your Baby's Advocate

A doula is also your baby's advocate. She will inform you of your baby's needs and how your choices might be impacting your baby so that you can make the best possible decisions for all involved. A doula is also in a position to be an advocate for your choices with external providers creating bridges of communication so that your birthing process remains as undisturbed as possible.

# WHO IS SOPHIA MICHALOPOULOU?

*"My vision to accompany a baby's entire birth journey with water, came to the surface by remembering my own experience of being born, while immersed in warm water. As I began to access and integrate my own birth imprints and patterns of behaviour, I began to see birth from a baby's perspective."*

## **What are you hoping to achieve this way?**

I hope to allow babies to feel more seen, heard and welcomed into a world that feels safe, loving and vibrationally able to meet their needs. When supporting the entire pregnancy and birth journey with water, a continuum of experience is created for the baby and her mother that allows for a gentler and smoother transition into this world.

## **Is what you are doing safe?**

Please ask me for my FREE interview with veteran midwife Jenny West "Is Birth in Water Safe?"

## **Is it for everyone?**

Supporting pregnancy and birth with water is by definition a natural birth. If you love water this is certainly for you, your partner and your baby.

## **Where can one find you?**

I support individuals, couples and families on the island of Corfu, Greece as a professional therapist and educator. I also offer my services online and I am available to accompany pregnancies and births in Europe as a full-spectrum doula.



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