### FREE DOWNLOAD

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### SKILLS FOR RECEIVING OUR NEW HUMANITY



## ARE YOU or would you like to be a future parent?

WWW.AQUAGENESIS.GR



### Hello!

My name is **Sophia Michalopoulou**. I am an aquatic perinatal therapist, a newborn and baby swimming educator as well as a pregnancy and birth doula.

While immersed in warm water, I began to remember my own birth journey and to see birth from a baby's perspective. My vision, research and practice are all about supporting a baby's entire birth journey from conception, birth and post natally with water.

My observations and personal experience have made me aware of some skills and needs I would like all future parents to know.

### Birthing Conscious Humans Let's start with a few simple considerations:

Birth impacts everyone because we've all been born. How was your own birth journey experience?



Are you crystal clear you would like to become a parent?



How familiar are you with self- processing and healing?



How do you intend to prepare yourself for conceiving a baby, giving pirth or becoming a parent?



Our first language in the womb is vibrational. How fluently to you 'speak' about energy, emotions and your inner self?

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What is your relationship to water? Do you dream of supporting your baby's pregnancy and birth with water?

Would you like to know more about my online course about Creating Safe Containers for Birth?

## PREPARATION is the time we need to feel ready\*.

\*Every individual human being has their own timing.



## PREPARATION starts before Conception.

If you are having sex please ask me about what you should already know from a baby's perspective. A conscious and crystal clear Yes! is the ideal soul entry into this life.

Your baby's birth journey starts before conception!

"There was so much I wasn't aware of from a baby's perspective before I started preparing for birth with Sophia."

"We've been preparing for our daughter's birth with Sophia and absolutely loved the connection that water creates between us and baby. We are so lucky to have had your support!"

"Sophia Michalopoulou was my doula and is amazingly intuitive" The best time to start preparing is HERE & NOW.



## BIRTH FROM A BABY'S PERSPECTIVE

When we look at birth from a baby's perspective we connect more deeply to their experience here and now allowing them to feel seen, heard and welcome long before they are born.

### Birth from a Baby's Perspective

Let's start with a few simple considerations:

- Were you able to clearly welcome your baby when you found out you were pregnant?
- 2

What do you feel your baby needs to feel welcome into this life?

3

What do you think your baby needs to feel safe in your body?

Do you think you are living in the right environment for your baby?

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How do you feel about your baby being born a boy or a girl?

Are there any distinct unresolved ancestral patterns in your family

Would you like to know more about my online course Birth from a Baby's Perspective?

## Online Preparation Course

## SKILLS FOR CREATING SAFE CONTAINERS

LISTENING

ALLOWING

Y

Y

CONTAINING

SLOWING DOWN

WITNESSING

www.aquagenesis.gr connect@aquagenesis.gr Your presence of being and the quality of your vibration are your developing baby's first language of connection.



# SUPPORTING LIFE WITH WATER

Water is the natural container for life to grow in, creating a safe and gentle continuum for you and your baby before, during and after being born.

I am passionate about supporting our birth journeys in water because your baby can simply feel your love more! Future generations depend on the choices we make today.





## SKILLS FOR RECEIVING OUR FUTURE HUMANITY

I hope you are feeling inspired and ready to receive more information about my preparation classes online or in water. Perhaps join me for an experiential workshop or retreat?

### Preparation and Training You may join me Online, in Water or on Retreat

### SUPPORTING LIFE WITH WATER

is an online and in person professional training programme for aquatic therapists and birth workers.

## 2

### PREPARING FOR PREGNANCY AND BIRTH WITH WATER

is an online and/or in person preparation programme for future parents at their own pace.

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**BIRTH FROM A BABY'S PERSPECTIVE** is an online 5 Week Course

CREATING SAFE CONTAINERS FOR BIRTH

### OUR BIRTH STORIES ARE OUR BIRTHRIGHT

Individual sessions for processing and integrating our birth stories.

### **AQUAGENESIS RETREATS**

Conception, Pregnancy and Birth Preparation Retreats in Corfu, Greece.

### **FREE EXPLORATION CHAT**

I offer free 45 minute exploration chats to feel into possible ways of working together.

## Thank you for listening in.

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