



**WATER DOULAS**  
LAND TO WATER

Water Doulas is about care and rituals; weaving the pregnancy field and aquatic practices.

Land to Water is our introduction course about bodywork and doula care in the water.

This proposition is open to everyone interested in creating dynamics in water to welcome couples and pregnant people.

While we focus on women and families, our approach is adaptable to other publics.

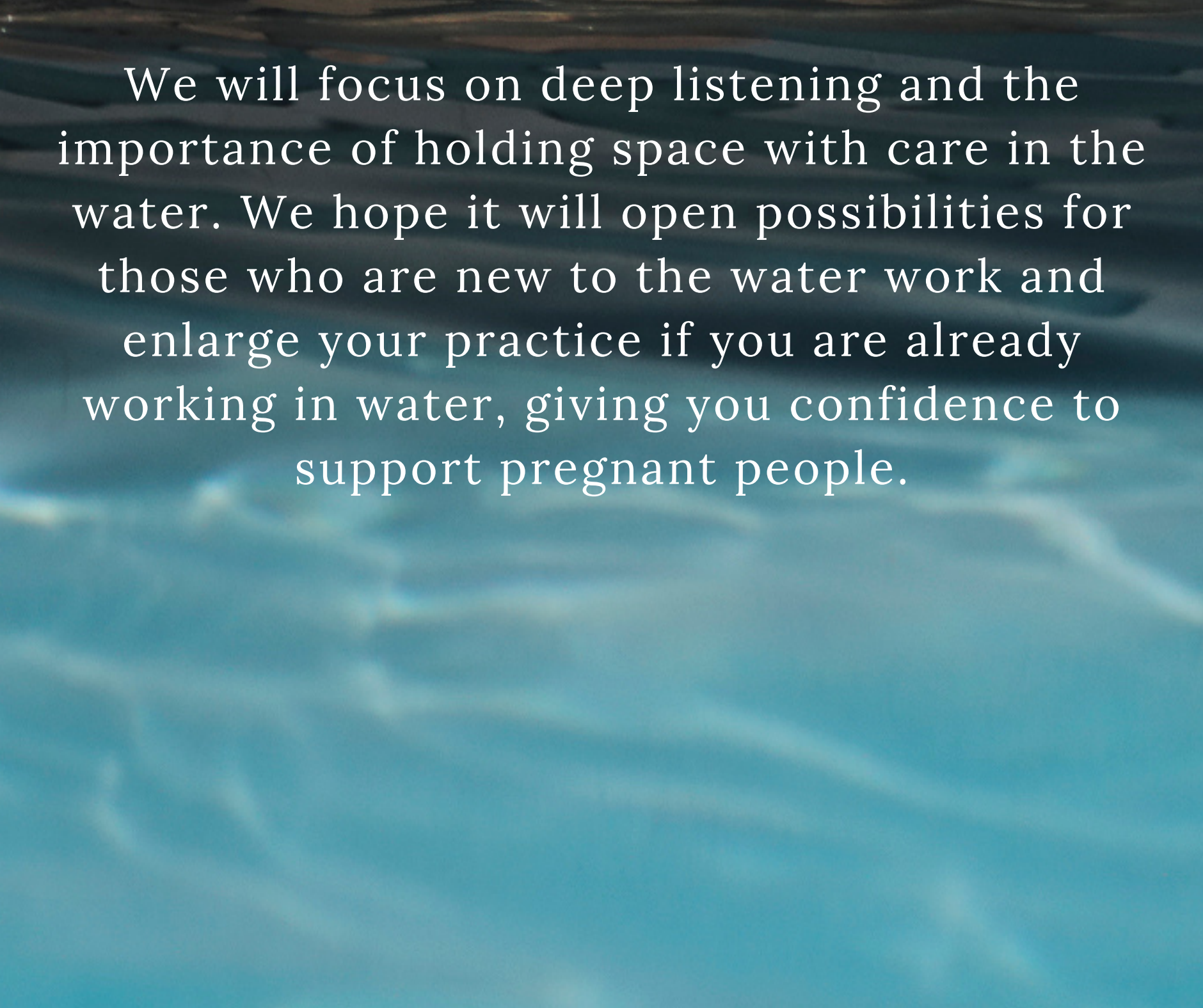


April 24-27 /LiquidZome, Sintra, PT  
[www.liquidzome.com](http://www.liquidzome.com)  
520 euros including access to the pool



May 9-12 , Beach Camp Temple,  
Vieux Boucaux, FR  
[www.beachcamptemple.com](http://www.beachcamptemple.com)  
520 euros including access to the pool.  
Accomodation & food on site.





We will focus on deep listening and the importance of holding space with care in the water. We hope it will open possibilities for those who are new to the water work and enlarge your practice if you are already working in water, giving you confidence to support pregnant people.

# Syllabus:

Posture, Intention

Clarity & Intimate boundaries

Be an anchor in water

Rythm & Flow

Embrace the unexpected  
Find comfort in all circonstances

Deep listening: Observing and feeling

Creating Doula Sessions in Water

## Vision:

Explore how ordinary gestures can become rituals

Embrace the beginning of life with love

Senses and Perceptions awakening

Witness yourself and the others free of judgement

Expect some land work and space for sharing.



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