




WATER REBOZO

A RESTORATIVE
PRACTICE.



17-19 APRIL, AU BORD DE L'EAU, BRUXELLES
21-24 JUNE, NAP MAJOR, HUNGARY

The Water Rebozo is a practice inspired by the use of the rebozo and various wrapping techniques on land for pregnancy, birth, postpartum, and babies; We started to explore further use of fabrics in water.

Going with the flow

The Water Rebozo is a practice that requires presence, agility, patience and flow.

Working one on one, with a lot of practice it will become an extension of your arms and allow your body language to grow.

We believe that with constant and continuous learning, this practice will flourish and incorporate naturally, as it is directly associated with the empirical being of care traditions.



Nesting with Love

We believe that in water we can create safety,
allowing bodies and stories to unfold.
At every moment it can become a ritual.

The feeling of being supported, witnessed with
care and affection are essential to us, this is how
this practice came about.

It's a restorative practice calling for belonging.





Being together

The Water Rebozo is a great tool for bringing togetherness. We use it in collective practices, pregnancy classes and women circles.

Supported by the collective, the protagonist becomes the center.

Being held, connected to the mother's energy, just like a newborn allows us to receive and surrender.

The gentle, cloth-supported movements in warm water naturally bring us back to the womb.



waterdoulas@gmail.com
www.waterdoulas.com