

HOW WARM WATER HEALING SUPPORTS YOUR PREGNANCY JOURNEY

Warm Water Healing (often called WATSU® or Aquatic Therapy) was created in the early 1980's in California and Europe. Resting back into the arms of the practitioner you are floated, stretched, cradled, massaged and moved through warm water (34.5°C). There are four profound ways that Warm Water Healing nourishes mothers to be; Pregnancy Support, Preparation for Labour, Preparation for Motherhood, Trauma Support.

PREGNANCY SUPPORT

Being held and moved in warm water offers a profound way to connect with your baby. Cultivate communication during this pre-birth time and track each developmental stage in the womb using movement, intention and visualisation.

A Warm Water Healing session can also:

- Release stress, anxiety and fear whilst increasing production of oxytocin.
- Soothe physical pain and discomfort.
- Soften and open the pelvis and hips
- Increase circulation and decrease swelling and inflammation in the legs and feet.
- Create buoyancy and ease in your body by reducing the force of gravity and relieving compression on the spine and joints.
- Open up the lungs and diaphragm and expand the breath
- Assist sleep difficulties and exhaustion
- Nurture embodiment and connection to self.

A single session is a beautiful experience between mother and child. Multiple sessions allow a much deeper process. From 16 weeks.

Gift Certificates available.

PREPARATION FOR LABOUR

Soften and open your body and connect with natural fluidity and micro movement that allows weighted, suspended sensation through the pelvis and legs in preparation for labour.

Warm Water Healing sessions also help you:

- Experience trust and surrender in your body echoing the trust and surrender needed during labour.
- The warm water environment and mother's fluid movement invite the baby to move freely and find its optimal fetal position.
- Affirm your natural capacity to sink into a relaxed, intuitive, right brain state full of oxytocin.
- Allow yourself to be held. This invites beliefs around labour to surface and be gently explored.
- Encourage readiness for birthing and support induction with a profoundly relaxing, embodied, pleasurable experience that quietens the analytical mind, soothes tension and connects you to your birthing self and baby.
- Prepare for water birth by immersing in the wisdom of water prior to labour.

For some women a single session in the week prior to labour can be very profound. For a deeper, more connected experience, a three or six session package is recommended.

Weekly or fortnightly in the lead up to labour. From 20 weeks.

PREPARATION FOR MOTHERHOOD

Warm Water Healing offers profound support for the immense rite of passage of becoming a mother.

As you surrender into being held, and relax into a deep state of presence, unresolved or unconscious material may come to the surface for healing. This may include the relationship with your own mother, memories of your own birth experience or any unresolved attachment patterns.

Relax deeply together with your baby. Feel into your heart in this intuitive, right brain, timeless warm water holding space and connect with self love and love for your baby.

A three or six session package is recommended. Weekly or fortnightly in the lead up to labour. From 20 weeks.

TRAUMA SUPPORT

Warm Water Healing offers a gentle environment to explore birth trauma from a previous labour experience, intergenerational trauma and sexual abuse.

It is now recognised that trauma resides in the body and nervous system, and that somatic healing practices such as Warm Water Healing that incorporate movement and touch can repattern the traumatic experience into something more life affirming. In a Warm Water Healing session the nervous system relaxes deeply. You experience feeling safe, held and witnessed by the Practitioner. All this creates conditions for transformation - across mind, body, emotions and spirit.

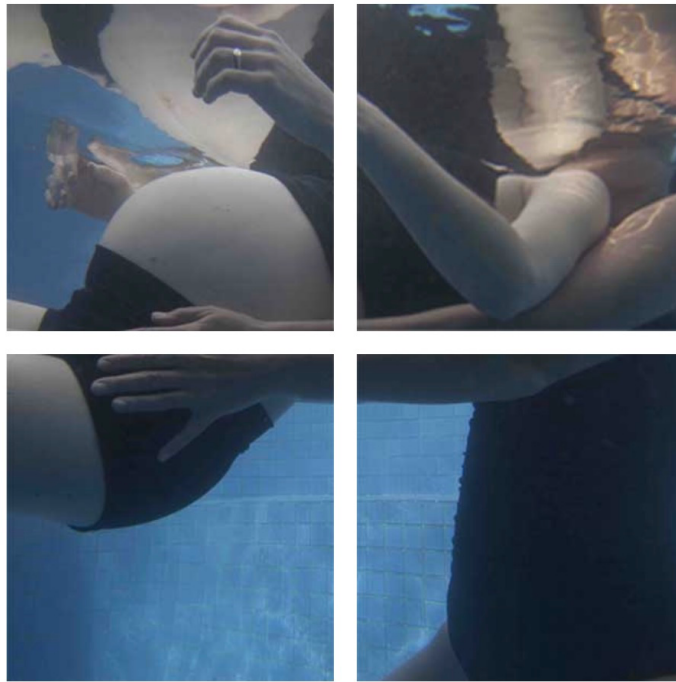
Together we'll embark on a respectful and contained journey that may:

- Cultivate your capacity for trust in your body
- Process and release past grief, fear and emotion stored in your heart and body
- Connect deeply with the body's wisdom and inner knowing
- Practise listening to your body's messages and sensing its authentic movement
- Become aware of your body's boundaries and capacity to be fluid, soft, open and yielding

Rebecca's Warm Water Healing offering is deeply informed by Polyvagal Theory, the research of Bessel Van Der Kolk and Attachment theory. She collaborates closely with other mental health care professionals.

A minimum of three sessions is required. Six or more sessions is suggested.

The receptivity and openness experienced through Warm Water Healing may also enhance the benefits of other healing practices you are exploring such as yoga, land massage, visualisation, meditation and any optimal fetal positioning practices.



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