

"Challenging births: the Art of Birth, Mexican Rebozo and Tantra"

20 hours of intensive workshop with Naolí Vinaver

Verona, Italia

from the 23rd to the 25th of September 2022

WHO IS THIS WORKSHOP FOR: midwives, doctors, students in midwifery from all over the world

WORKSHOP PROGRAM:

DAY 1: 9 am-6 pm

ART OF BIRTH

- **Erotic-Sexual-Emotional-Body Connection in Childbirth**
- **Tantric Sexuality -Igniting the Inner Fire for Birth**
- **Vitality, sexual energy and the beginnings of intrauterine life**
- **Aspects of physiological, emotional and spiritual processes of birth**
- **Heat and Cold processes for the flow of life & birth**
- **Techniques combining Mexican traditional and contemporary midwifery**
- **Demystifying obstetrical myths**

DAY 2: 9 am- 6 pm

REBOZO FOR BIRTH

- **The rebozo as an extension of our hands**
- **Rebozo techniques for prenatal, birth & postnatal care**
- **Traditional Rebozo techniques for stimulating fetal descent and improving labor**
- **Naoli's Rebozo Pelvic Expanding Maneuver**
- **Naoli's Breech-turning 3-step Protocol**
- **Naoli's Rebozo Fetal Centralizing Maneuver**
- **Naoli's Rebozo Oblique to Cephalic Maneuvers**
- **Naoli's Double Rebozo Shake-down Fetal Engaging Maneuver**
- **Naoli's Rebozo Pubic Bone Engaging Maneuver**
- **Naoli's Rebozo Fetal Disengaging Maneuver**
- **Unblocking and unlocking Sexual energy**

DAY 3: 9 am - 5 pm

- **Preventing childbirth complications: When to wait and when to act to promote change**
- **Conventional vs. Active attention, expanded protocols for safe birth outcomes**
- **Assessing birth risks realistically**
- **Traditional and Naoli's original Mexican Rebozo techniques to adjust: the baby's**

position in-utero, asynclitisms, lack of progress, opening of the pelvis and more

- **Premature Rupture of membranes midwifery protocol**

- **Prevention and solutions for shoulder dystocia: conventional and Naoli's original maneuvers**

- **Neonatal resuscitation with baby as a full active participant**

- **Prevention and treatment of postpartum hemorrhage**