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Programme  
Friday May 4th  
Saturday May 5th  
Fees  
Access

[REGISTRATION](#)

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## Programme

Please note that interpreters are available for most workshops and plenary sessions.

### Friday May 4th

**8.30am: Registration and welcome, access to stalls and exhibitions**

**9am to 10am: Conferences**

- Opening of the doula convention, presentation of programme, speakers and partners

**10.15am to 12.15am: Workshops**

A- "Sharing of experiences"

End of training Projects: Homoparental families - Multiples pregnancies - Women talk - Foreign mums, mums from here and abroad

B- "Belly art : bellies who re-invented themselves"

Bodypainting, bellies, Mendhi, belly dancing...

C- "[Feldenkrais Method](#)" with Marina Bexon

The Feldenkrais workshop consists of two lessons that allow each person to learn to feel the different parts of herself, exploring simple movements, varied and sometimes unusual. Opportunity to discover a method that is practiced gently and allowing to move with less effort and more flexibility... Used also to discover how this method can meet the specific needs of pregnant and postpartum women...

D- "[Rebozo and wellness massaging](#)"

E- "[Maternal difficulties](#)" with Juliette Urbain from Maman Blues association

F- "[Red tent](#)"

G- "[Red tent](#)"

**12am to 2pm: Break**

**2pm to 3m: Conferences**

- Véronique Darmangeat "Reinforce mothers in their competences and instincts to breastfeed their babies"

**3.30pm to 7.30pm: Workshops**

A- "[Sharing of experiences](#)"

Different accompaniments: elective abortion / therapeutic abortion, pregnancy denial with Agnès Aubry, Floriane Zitouni, Bérengère Porombka

B- "[Belly art : bellies who re-invented themselves](#)"

Bodypainting, bellies, Mendhi, belly dancing...

C- "[Breast health: health by women for women](#)" with Docteur Catherine Markstein

Women of all generations are particularly exposed to information from the "welfare" industry of beauty and health. They often feel helpless in front of this information. Practical knowledge transmitted from woman to woman and from generation to generation on women's health have gradually lost their power in front of medical knowledge. The medicalization of their life cycles (teenage years, menstruation, sexual and reproductive health, pregnancy, birth, menopause) has made women more vulnerable as any change of body is greeted with anguish and interpreted as abnormal. This anxiety has led to medical consumerism, which creates dependency, passivity and isolation of women.

The association ASBL Women and Health wants to reinvent and promote a culture of communication between women, enhance their secular knowledge and strengthen solidarity among women. We will present our experience with a group of women and will be facilitating the discussion on the theme: "How to take control of our health"

D- "[A journey with symbols, the 4 steps of menstrual cycle](#)" with Marie-Pénélope Peres

E- "[Prenatal singing](#)" with Marie-Anne Sévin

F- "[Red tent](#)"

G- "[Red tent](#)"

H- "[Doula européennes, état des lieux dans les différents pays](#)" - "[European Doula : What's happening for doulas in their country?](#)"

## Evening show from 8pm to 11pm

Musical opening with Virginie Bouffart

Screening of "[Douces, propres, gentilles et bien habillées](#)"

by Eléonore François

Two voices reading "[Confidences de Mères](#)" - "[Mothers' Confessions](#)" with Aurélia Dabon and Valérie Muzetti

The topic of "mothers" concerns everyone: the one we had, the one we were, that we would like to be, or that we will not be ... What do we know about what happens in the mind of a woman when life is growing in her body? Motherhood is a fundamental characteristic of female identity, it is also the story of each and every one who is written at every birth. My desire was to meet women of all ages and share with them about their experiences of motherhood: pregnancy, maternal birth difficulty, abortion. Women themselves chose what they wanted to talk about. During individual interviews, words were released; they have told me their story, with the desire to witness the changes that can come from pregnancy. I thank them for their trust and hope I have been able to transcribe their talk with great respect and gentleness. In this reading, we approach the essential, intimate voice... we come out a little different.

## Saturday May 5th

**9am to 10.30am: Conferences**

- Marie-Amélie Massias (Stadire) "[Women's body](#)"

- Florence Méjécasse, [Handiparentalité](#) association presentation

**9am to 10.30am: Conferences**

"Red tent" anglophone (in parallel with the conferences)

Red tents are cosy spaces in which groups of women share the intimate side of their stories. The red tent is taken from ancient traditions in which women had a special place dedicated to them where they shared and celebrated the milestones of their lives: puberty, pregnancy, birth...

**10.30am to 12.30am: Workshops**

- A- "Sharing of experiences"  
Induction, C section, VBAC, ...
- B- "Inhabit again one's body after birth" with Ingrid Bizaguet  
Because our body is, for several months, the house of another human being, because we share it, because it changes, we have to reappropriate it after birth. Through various danced experiments, games and contacts, we will seek to overcome the barrier of the image we have of our body and we will feed on new or recovered sensations.
- C- "Wutao© of pregnant and non pregnant women" with Sandrine Toutard  
This is primarily a practice of body ecology, based on Wutao©: it sharpens body awareness, provides healing, plenitude and vitality, performed regularly, it makes the back less contracted, the silhouette more supple, the muscles more tonic and expand breathing capacity. The specific practice of Wutao© for Women offers to make you feel the liberation of the basin and make you find the sensation of pelvic floor, fill your matrix while building your base of verticality.
- D- "Rebozo and well-being massaging"
- E- "Father's place during birth and the first weeks after "
- F- "Red tent"
- G- "Red tent"
- H- "Transmission of baby-carrying: why, how?" with Ingrid van den Peereboom  
Doulas seem to naturally be seen as initiators of baby-carrying in the time surrounding the birth of a child. This is one more way to support families in taking confidence in their abilities to meet the needs of the newborn, but also the needs of all the family members. But why should doulas offer this support? What practice to choose to be coherent with oneself?

12.30am to 2.30pm : Break

### 2.30pm to 6.30pm: Conferences

- Presentation of the tale "The princess and the poo" by Fairy Love, published by Editions du Hêtre
- Michel Odent, "From one paradigm to another"
- Screening of "Giving birth at home" by Emmanuelle Sallustro
- "Choosing the birthplace of child(ren)" with Michel Odent, Emmanuelle Sallustro, representatives of Femmes-Sages-femmes, the CALM, maternity of Pontoise, the CIANE, collective Naître chez soi, Doulas de France,...
- Virginie Bouffart, singing
- Closing speech and goodbyes

[HAUT](#)

## Fees

Members of l'association Doulas de France (DDF): 70€ 2 days, 50€ 1 day, 90€ 2 days-couple

Non-members of DDF: 90€ 2 days, 70€ 1 day, 110€ 2 days-couple

People coming from abroad (except Belgium, Luxembourg et Switzerland, "normal" fees): 30€ 2 days, 15€ 1 day

No special fees for half days.

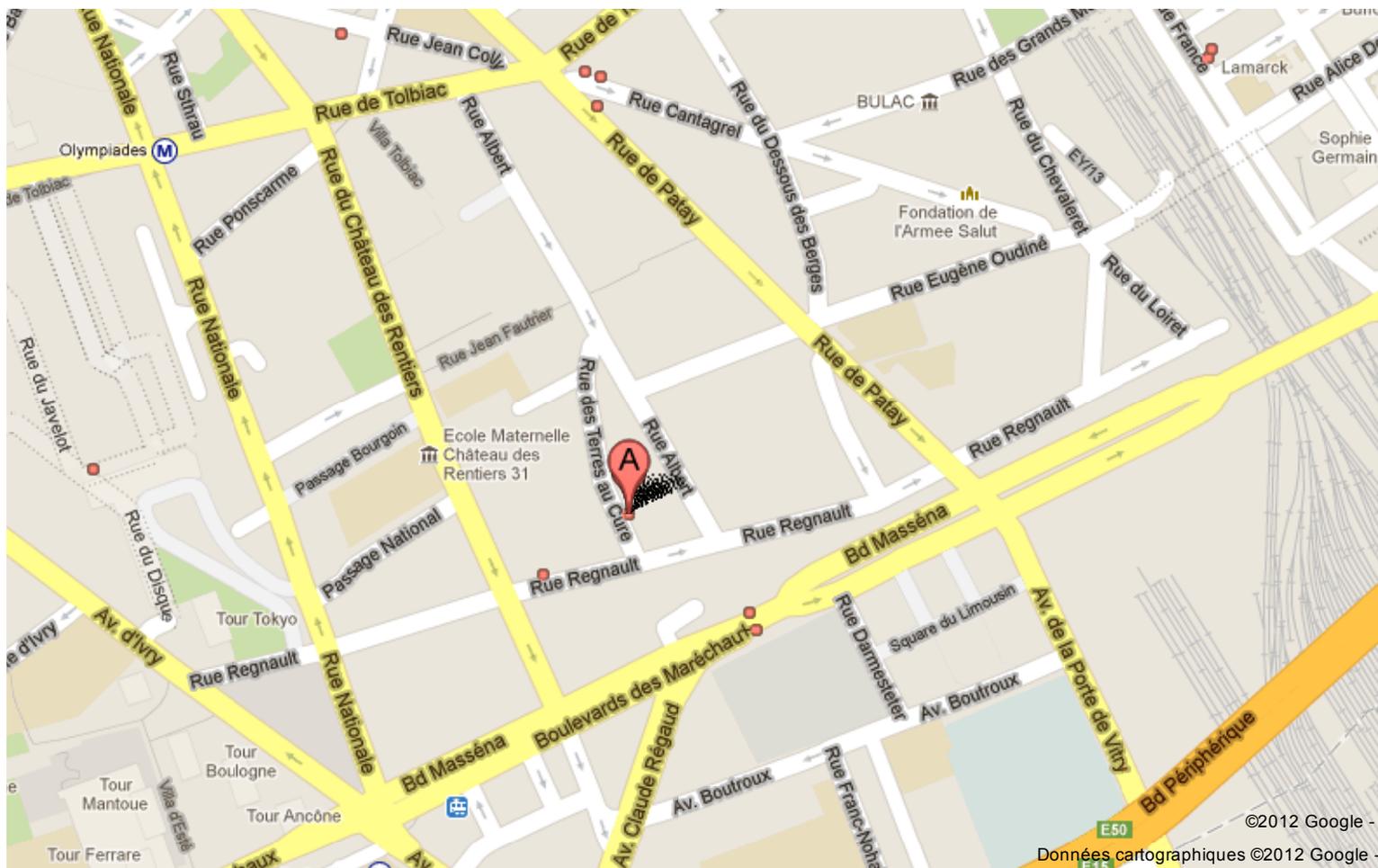
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## Access

MAS - Maison des Associations de Solidarité

10-18 rue des Terres au Curé

Paris 13ème



**Subway, Tram:**

Olympiades (line 14) or Porte d'Ivry (line 7 and T3)

**Bus:**

Lines 27, 83, 132

**HAUT**

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**REGISTRATION**

Tous droits réservés : <http://www.doulas.info>