

Larissa Carpintero

Degree in Psychology at Pontifical Catholic University of Campinas, Brazil (2000).

Master's degree in Education at University of Campinas (Unicamp), Brazil (2005).

Specialization in Klauss Vianna Technique at Pontifical Catholic University of São Paulo, Brazil (2015).

Didactic Course of Klauss Vianna Technique and Creative Process that resulted in the performance "Inside Me" at "Salao do Movimento - Jussara Milller" Campinas, Brazil (2011- 2012).

Since 2010, develops a Dance work (Klauss Vianna Technique) with pregnant women and mothers with babies.

Since 2009 acts as a doula, accompanying women, their spouse and even their family during the period of gestation, childbirth and postpartum by providing physical and emotional support. The continuous support during labour is associated with improved maternal and fetal health between other benefits as well as lower risk of interventions, cesarean sections and less need of pain relief. After the childbirth, the doula support can help to prevent postpartum depression, ensure a good experience of breastfeeding and getting connexion between the women and their babies.

"Inside Me"

I am a maternal body dancing the process that makes me a mother

Pregnancy is a dance;

Childbirth is a dance;

Breastfeeding is a dance ...

A dance with no rehearsal, done day after day

No choreography can define the performance of motherhood

No woman knows the dimension of being a mother before becoming one

In 2004 I had an unnecessary caesarian section to give birth to my daughter, which made me feel like if my body wasn't working properly. I judged and self-censored my body several times because of that.

I felt as if I had failed as woman

My arms were tied so I was unable to embrace Elis when she was born.

Trying to make sense of my own experience, I realised that my pain wasn't just mine

Today, in Brazil, we have...

84% of all deliveries are through cesarean-section in the Private Health System and

40% in the Public Health System

The guidance from WHO (World Health Organization) suggests around 15%. Although Brazil is the "world champion in C-sections" , the international average is 30% and it has been increasing.

Why do we have that?

It's easier, faster and more profitable to the doctors.

The power is in the doctors hands and they are looking at women from a different perspective like a mannequin or a doll, or something that can be manipulated. Women are not treated as living intelligent organisms. This is the natural approach of medicine towards humans, especially female. Our world is

shaped mostly by the male perspective and people do not realise that women are being put aside in relation to many subjects that need proper discussion.

Women are not allowed to empower themselves and often, they don't listen or trust themselves.

It reflects on the motherhood performance.

In 2008, I gave birth to my son in a natural birth at home and had a respectful and powerful experience.

After having my body totally transformed by pregnancy during the first months of motherhood I found out about the Klauss Vianna Technique of dance and somatic education.

From working with Klauss Vianna Technique I realised that my body was off-axis, hard, closed, hurt and scared.

And then I started the path to be aware of my body and be a fully embodied mother.

In 2011 I started to work in a dance performance in which the main goal was to perform the maternity processes experienced by me and other women who I was to accompany as a doula.

For that, I accessed my own living body, my own life, re-experiencing the transformation in the women's body (mine and others) through movements of pregnancy, giving birth and breastfeeding.

I explored the worries, anxieties, the pressures and the pleasure of these times and transformed them into a dance performance.

This performance resulted in a transformation in my way of being a mother and rebuilt my relation with my body.

As the audience came to me after that presentation, I could realize that I was not referring to just my own life story, I was connected to many mothers and I was also (re)connected to my daughter and the woman she is.

Having my daughter dancing with me, gave us the opportunity to revive her birth as a healing process

After our first rehearsals, Elis came to me and said:

- "Mommy... you gave birth to me! Can we do it again?"

- Yes, Elis, we will do it again... and many times, together!

Since then, we have been doing this dance performance for 5 years in parallel to the performance of our lives as mother and daughter - as women. Elis is not a little girl anymore, she has just become a teenager, which is also a new label. She's got a "woman's body" and she's got both the pressure and censorship of this body. Her clothes have already been censored, her body is often self-censored. As her mother, I share with her the pain of being a woman, but I also can feel the power she exhales, I can feel my power through her. Let's keep dancing!