



ZOE REGINA

Full-Spectrum Labor, Birth and Postpartum Doula

Hi, I am Zoe (she/her). I am a full-spectrum doula. I witness and hold space for all events and all people on their journey with pregnancy, birth, postpartum, miscarriage, abortion, and more. I am here to be a companion to you in the spaces of change when we are most vulnerable, most raw, and most in need of community. To learn together and create mutual respect. To help move through anxiety and normalize these moments relating so much to the body and spirit connection that we tend to throw aside in Western culture. I come without an agenda, you decide what happens with your body and your life, I am here to support the decisions you make and to help actualize them.



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New York City Area

WORK EXPERIENCE & TRAININGS

LABOR + BIRTH DOULA, POSTPARTUM DOULA

2023-Present

- Support births and postpartum clients
- To provide labor and birth support
- To provide multiple layers of support; emotionally, mentally, physically, and physiologically
- Support for feeding options (breastfeeding or bottle feeding)
- Breastfeeding/Lactation Support
- Mental and Emotional Wellness

TRAINING

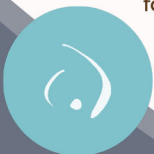
Education

- BFA in Dance from SUNY Purchase College, 2013
- Certified Full Spectrum Doula with Birthing
- Advocacy Doula Trainings, 2023
- Lactation Consultant
- Spinning Babies

FEATURES/AWARDS/FUN FACTS

I have been a dancer my whole life, knowing that's what I wanted to do from a young age. I have been actively making work and performing in NYC for the past 10 years. Being a movement artist allowed me to make friends in bodywork communities and taught me so many things! not only about my own body and self-awareness about human bodies. As I embody the parts of myself drawn to healing, I have learned to hold space for my own transitions and to keep in practice with who I am, regardless of what I may be focusing on. I have always supported others whether or not I realized it, just as I will always be a dancer even if I am not actively performing. I love movies, even scary ones because my husband is obsessed and I learned to appreciate them—sort of. I have Italian heritage and really enjoy their cooking traditions. I am the oldest of 3 all born at home, I remember my youngest brother's birth when I was 5—I got to announce his name to the rest of the family that was in the other room.

I am a Pisces sun, Cancer moon, and Leo rising.



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