

Sacred Awakenings



Welcome to Sacred Awakenings! I am glad you are interested in meeting with me. I am a doula in Olympia, Washington working to provide compassionate, dedicated support throughout pregnancy, labor and postpartum. I am trained at the Seattle Midwifery School and certified through the Pacific Association for Labor Support (PALS). I have had the opportunity to assist birthing families in hospitals, birth centers and at home. My goal is to help you achieve a fulfilling and memorable birth experience by supporting your individual needs and birth wishes. I believe in nurturing the entire family. My care is non-exclusive and non-judgmental. A sliding scale can be arranged for low income families. I also offer payment plans. Please talk to me before you decide a doula is not for you because of financial concerns. I believe that every family deserves a supported, empowering and loving birth experience.

Services/Fees

Birth Support

I offer compassionate and nurturing birth support. A free interview is recommended to discuss these options in more detail and to help you decide if I am the right doula for you. This initial appointment lasts 30 minutes to an hour. It's important that you feel well matched with your birth support team, so I recommend you also interview other doulas. Listed below are the services I offer. I am always willing to work with all income levels. For more information or if you have further questions about my services, please call me!

Birth Support

- Free initial consultation
- Unlimited phone contact 24 hours/day until 2 weeks postpartum
- 2-3 prenatal appointments
- Full labor support
- 2 postpartum appointments
- 2- 4 month postpartum check - in
- \$800-1,000 sliding scale (includes \$300 retainer)

Other Offerings of Services:

- *3 Pregnancy Massages*
\$175
- *3 Massages & Partner Yoga*
\$235
- *Partner Prenatal Yoga*
\$60
- *3 Postpartum Massages*
\$175



Other Offerings After Your Birth

Postpartum Care

\$30 an hour

Labor Support

My prenatal and birth support, allows me a chance to meet you and your family, visit your home, discuss your birth plan and go over questions or concerns. One of the prenatal appointments can be used to accompany you to an appointment with your care provider. Prenatal appointments usually last around an hour. I am on call 24 hours a day up to 2 weeks postpartum. Once labor has started, I am there for you throughout your labor and delivery and several hours postpartum to help clean up and help you and your family get settled. During labor, I provide you and your family with constant emotional, physical and informational support. I use non-pharmacological pain relief measures, such as massage, breathing, visualization, movement and positioning, hot/cold packs, and aromatherapy. Our postpartum appointments allow me a chance to go over the birth. These appointments last about an hour. If I have taken any photographs, I bring those to this meeting. It is also a chance to draw closure.

Pregnancy Massage

While honoring the mother-to-be, this specialized massage helps develop sensory awareness and relaxation necessary for the birth experience and this sacred time. Pregnancy massage can alleviate stress on weight bearing joints and increase blood and lymph flow, reducing edema. My intent is to create sacred space and bring balance, comfort and total relaxation to the body, mind and spirit for all stages of pregnancy. Specialized bolsters and pillows are used for maximum comfort and release. When a woman's maternity experience is enhanced with compassion and nurturance their babies' births are enhanced as well. I can also provide information on exercises and activities for stress-reduction and pain relief for labor and the postpartum period.

Partner Prenatal Yoga Workshop: Preparing for Childbirth

Birth is a normal, natural, healthy process. Women and babies have the inherent wisdom necessary for a safe birth. In this workshop, you will learn: yoga, breath work, relaxation and meditation techniques for pregnancy, labor and birth, what the normal process of labor looks like, factual information on the benefits and risks of our current birthing practices, how to advocate for your birth plan, and ways to have a safe and healthy birth experience through birthing positions and natural coping skills. Partner Prenatal Yoga is for a pregnant women and anyone supporting her through her birthing process. This workshop includes movement, hands-on experience, discussion and handouts.

Other Offerings After Your Birth

Postpartum care

In cultures all over the world, mothers are encouraged to take time after their birth to rest and recuperate with their families. Many cultures recommend at least a month of resting, while you receive nurturing care; have your meals made, laundry done, other children taken care of and errands run. It is a time of hypersensitivity and important bonding. In today's world, many mothers work or are far away from the support networks that would provide them with this type of haven. As a postpartum doula, this is my job. I come and clean, make meals for the week, do housework, errands, laundry, take care of other children, bring you tea, soak your feet in relaxing footbaths, whatever help I can provide to ensure a smooth, sacred transition.