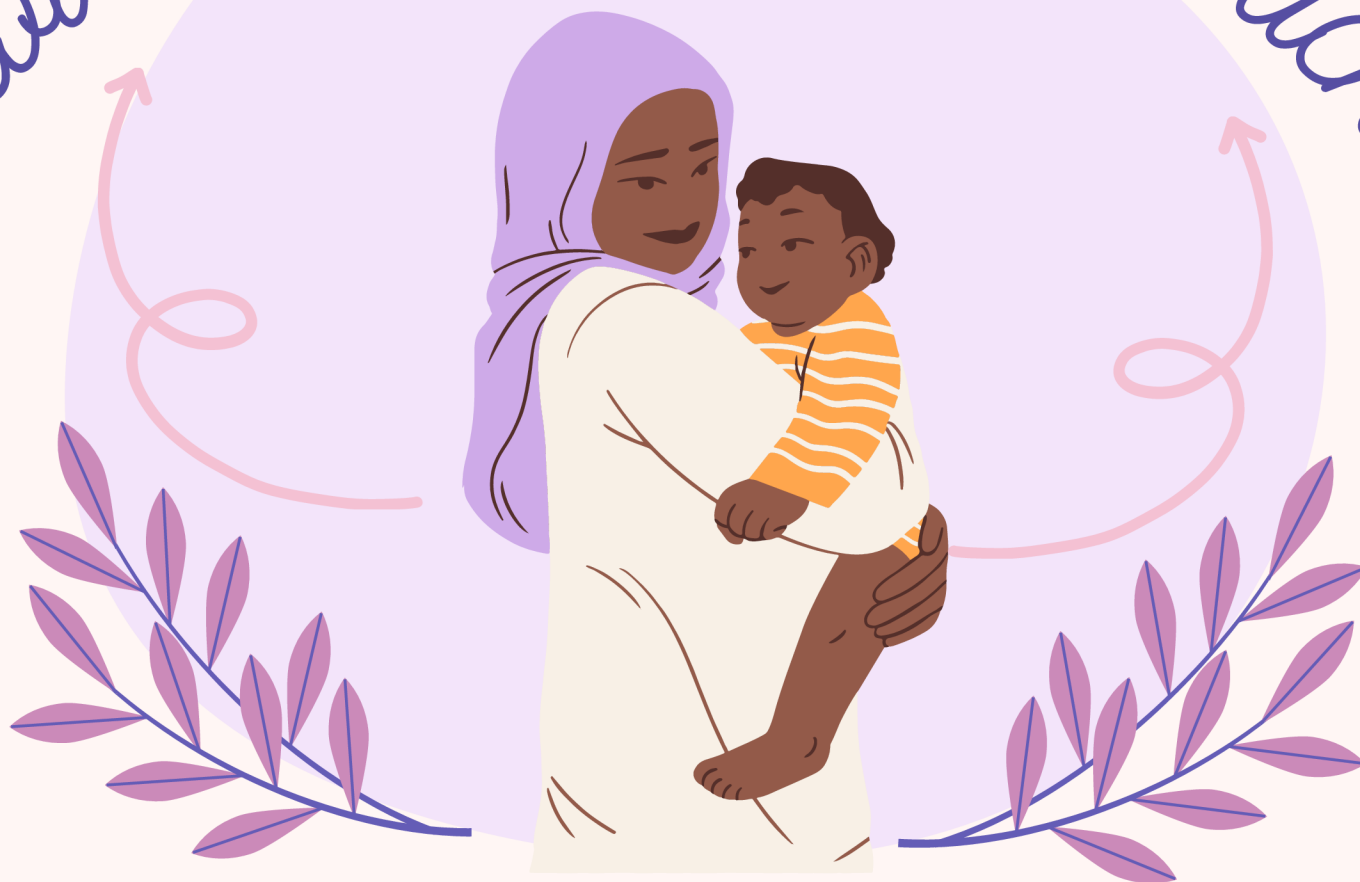


# Beloved Birth Doula Package



Supporting a conscious pregnancy using  
Kundalini Yoga

[info@makelovecommunity.com](mailto:info@makelovecommunity.com)

# Session One



How Meditation can support your pregnancy experience

Learning about the 10 bodies of Kundalini Yoga

Creating your Birth preferences

How to advocate for yourself effectively using B.R.A.I.N

Guided Body Part By Body Part Relaxation

# Session Two



Stages and Phases of Labor

Pain theories and different medications offered if desired

Comfort Measures including proven breathing techniques

Making a Post-partum Plan

Guided Body Part By Body Part Relaxation

# Alongside for your Birth



Hands on Doula Service offering emotional and physical support

This looks different for everyone, we will discuss in our first session based on your individual needs

# Session Three



This is a home visit after you have given birth

Follow up and discuss your birth experience, this includes feeding support

Connect you with any additional resources you may require