



SAMANTHA

doula and breathwork healer

MOODY

HEALING & CARE FOR THE CHILDBEARING YEAR

prenatal healing
childbirth education
birth care
postpartum care
postpartum healing

PRENATAL HEALING

The effect of the session was a long-lasting one: I was able to be calmer for another week of my pregnancy, and then I used the relaxation techniques Samantha taught me during the labor. They were priceless and I don't know how I could have dealt with the pain without them.

Being afraid to give birth is totally normal because most pregnant people lack a frame of reference for positive birth experiences. Movies, television, and well-meaning people bombard you with imagery depicting birth as a nightmare that makes you act crazy and always puts your life at risk. Unconsciously, we "try on" these stories and they trigger a fear response that tells us to freeze up or run away from the scary thing.

But addressing what scares you most about giving birth doesn't have to be scary business.

Prenatal one-on-one sessions give you space and time to pinpoint specific fears, concerns, and anxieties about giving birth. This work is particularly helpful for anyone who had a traumatic previous birth and wants to embody this pregnancy with new energy. I have extensive experience building tools for clients with histories of anxiety and panic attacks.

My prenatal healing sessions are dynamic just like you. Sessions weave together a variety of healing and coaching modalities to create the change and healing you seek. Each appointment is 1.5 hours of energy and attention directed at the areas where you most desire healing and change. We can meet in person or via Skype.

fee: \$ 100/ session

nyc / virtual

CHILDBIRTH ED

Words cannot describe how much Samantha's class helped us during labor. Her relaxation practices were incredible when it came time to cope with labor.

And, her class is as entertaining as it is informative!

My childbirth ed series is designed to help you enjoy the learning process without getting bogged down in information retention. I help you adapt your strengths to the challenges ahead, so that your body of knowledge can be easily accessed and utilized on the big day. Whether you are planning a home, epidural or cesarian birth, this class gives you the tools to navigate those choices and feel good throughout the process.

The most important piece to prepare for birth is cultivating your relaxation practice. So, each class includes a relaxation portion with "homework" routines that build your endurance and capacity for being with the birthing experience. Along with my Grounding Visualization Mp3 you will have all the tools needed to preapre for a truly calm and peaceful experience.

SERVICE DETAILS:

- 4 2-hour sessions in your home or via Skype
- overview of physiologic birth
- how to prepare for a hospital or home birth
- strategies for working with, not against, care providers
- birth plan template
- strategies for working with an epidural and induction
- positions for labor and birth
- healing guidance through past trauma
- relaxation techniques, self-hypnosis, breathwork
- relaxation mp3

fee: \$400

nyc/virtual

BIRTH CARE

Samantha is a great listener, and she responds with help and advice you want and need, rather than fulfilling some preconceived notion of what her role is. In labor, she made my wife feel informed, supported and cared for, while making sure that I was a big part of the process, which is what we wanted.

Birth doula care is not about doing things a certain way, but rather the context and circumstances that culminate in the birth of your baby. Based on our prenatal sessions, I provide you with information and strategies that align with your sensibilities, so at the end of the day *your* birth reflects YOU. I prioritize your awareness of bodily autonomy and birthing rights, so that you can work with providers to achieve respectful and informed care.

My approach is to remain curious and avoid assumptions because what feels right for one client may not feel the same for another. Whether you are having a home, epidural or cesarian birth, if you're looking for an experience that celebrates the incredible transition from maiden to motherhood, I'm your doula!

SERVICE DETAILS:

- 2 prenatal visits
- birth support with rebozo, massage, essential oils and breathing › techniques, always incorporating family and partners who want to be get hands on
- 1 postpartum visit (3 if scheduled cesarean)
- 24-hour on-call from contract signing
- birth template and guidance personalization
- breathing and relaxation techniques
- referral to services that help make your pregnancy, birth, and postpartum experience positive and healthy
- 12 weeks phone/text/email support postpartum

fee: \$1400

nyc/ abroad

POSTPARTUM CARE

Samantha was amazing! I was such a wreck recovering from a c-section, trying to be everything all at once to my twins, and learn how to breastfeed— and she was an incredibly calm and caring presence helping me find my footing as a new mother.

Without support, postpartum is **So. Much. Harder.** As a postpartum doula, my main goal is to help you enjoy those first few weeks and months. I have a knack for knowing when you need a heart to heart, when you need space, and when you need to eat something delicious.

I am not a tell-you-how-to-do-it doula. I believe in using conversation and education, so that you make parenting decisions that feel good and are sustainable. I am very skilled at providing unique breastfeeding support that is fun, empowering and not at all guilt-driven.

My method of care is based on helping you learn and figure out strategies that are going to create a sustainable approach to parenting. By end of our time together, my clients have all the strategies necessary to live their life again!

SERVICE DETAILS:

- mother/ infant/ partner care
- baby wearing
- breast/chest/bottlefeeding
- food preparation
- getting out of the house with a baby
- assistance with getting to and from postpartum appts
- Judgement-free convos to think through all the decisions that come with early parenting and **so much more!**
- nursing in public
- time management
- processing shifts in identity
- sibling care
- grandparent/family education
- sleep support
- home organization

POSTPARTUM HEALING

I didn't know I could feel at peace about my birth experience. Being validated for what I experienced has changed my relationship with my body in ways I didn't think were possible.

I know.

You've had a baby and cannot imagine taking almost 2 hours of time to yourself. And there's probably so many things you'd rather do to see something other than the pain. But you know distraction is only temporary relief. And at some point tonight or tomorrow or maybe when she turns 1, the feelings you're running from will resurface.

The postpartum period is challenging, and for some new parents the difficulties are exacerbated by traumatic birthing experiences, breastfeeding challenges, and difficulty accepting the life and identity changes baby brings. Too many mothers are isolated away, thinking they have to live with the pain and sadness on their own.

Postpartum healing sessions are about you becoming whole in a new way that lets you move forward, into your new life, with peace in your mind and body. My goal is to make feeling better as easy as possible with super focused care that's tailored to the time and childcare constraints you're working with.

Each appointment is 1.5 hours of energy and attention directed at the areas where you need healing and change. We can meet in person or via Skype.

If there are childcare restraints, please reach out and we'll figure it out together.

fee: \$100 per session nyc/ virtual



**WANT TO
WORK TOGETHER ?**

call me directly at 973-876-5815 or
email hi@samanthashere.com