



POSTPARTUM PACKAGES

In-Home Care Packages

LAKSHMI: HINDU GODDESS OF ABUNDANCE

(1) 2hr Prenatal Home Visit including Ayurvedic Consultation, Postpartum Planning and help building your 'village.'

(6) Postpartum Home Visits 3.5hr each, include:

- Ayurvedic meal, drink and snack
- Postpartum Abhyanga (Ayurvedic full body massage)
- Personalised postpartum yoga therapy / yoga nidra session

Also included within the six postpartum sessions:

- Breastfeeding support and basic baby care
- Emotional and psychological support during recovery from birth
- Ayurvedic Postpartum Self-Abhyanga
- Baby-Abhyanga
- Belly Binding (belly binding wrap returnable at the end of the care period)
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum



BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- *Resources & Referral Guide* (with my favourite local postpartum support professionals)
- (2) Ayurvedic tea blends
- (1) £20 voucher to use towards Closing the Bones or another doula session (to redeem within 1 year postpartum)
- Option to add other in-person or online sessions with me at special price

£1305

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PARVATI: HINDU GODDESS OF FAMILY & LOVE



(1) 2hr Prenatal Home Visit including Ayurvedic Consultation, Postpartum Planning and help building your 'village.'

(4) Postpartum Home Visits 2.5hr each, includes:

- Ayurvedic drink and snack
- Postpartum Abhyanga (Ayurvedic full body massage)
- Personalised postpartum yoga therapy / yoga nidra session

Also included within the four postpartum sessions:

- Breastfeeding support and basic baby care
- Emotional and psychological support during recovery from birth
- Ayurvedic Postpartum Self-Abhyanga
- Belly Binding (belly binding wrap returnable at the end of the care period)
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum

BONUSES

- **(2) 1h zoom/phone calls on the weeks when we don't meet in person**
- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- *Resources & Referral Guide* (with my fave local postpartum support professionals)
- (1) £10 voucher to use towards a Closing the Bones or another doula sessions (to redeem within 1 year postpartum)
- (2) Ayurvedic tea blends
- Option to add other in-person or online sessions with me at special price

£795

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DURGA: HINDU GODDESS OF PROTECTION

If you just want postpartum massages (and belly binding)



(6) Postpartum Home Visits 2hr each (over 8 weeks) includes:

- Postpartum Abhyanga (Ayurvedic full body massage) and belly binding
- Ayurvedic drink OR snack
- Option to have a personalised postpartum yoga therapy / yoga nidra session in any of our sessions instead of the massage

Also included:

- Emotional and psychological support during recovery from birth
- Available to answer your calls/texts/emails Monday to Friday 9am - 5pm during the weeks of our care

BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- *Resources & Referral Guide* (with my favourite local postpartum support professionals)
- (2) Ayurvedic tea blend
- (1) £10 voucher to use towards a Closing the Bones or another doula sessions (to redeem within 1 year postpartum)
- Option to add other in-person or online sessions with me at special price

N.B. you can also buy this package as 3 sessions only (over 6 weeks) for £350 - however the £10 voucher will not be included.

£695

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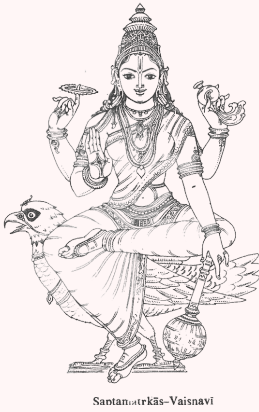
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POSTPARTUM PACKAGES

Virtual Doula Package



ADITI: HINDU GODDESS KNOWN AS THE CELESTIAL MOTHER, PERSONIFICATION OF THE INFINITE

(2) 90min + (1) 1h Prenatal Zoom Session including Ayurvedic Consultation, Postpartum Planning and help building your 'village'

(6) Postpartum Zoom Sessions 1h each, include:

- Personalised postpartum yoga therapy / yoga nidra session
- Emotional and psychological support during recovery from birth
- Ayurvedic Nutritional Support
Also included within the four postpartum sessions:
 - Breastfeeding support and basic baby care
 - Ayurvedic Postpartum Self-Abhyanga
 - Baby-Abhyanga
 - Belly Binding
 - Available to answer your calls/texts/emails Monday to Friday 9am - 5pm for the first three months postpartum

BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- Option to buy your own belly binding wrap for £30 (postage included)
- Option to add other online sessions with me at special price

£522

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POSTPARTUM PACKAGES

DIY Postpartum Care Package



SARASWATI: HINDU GODDESS OF WISDOM AND CREATIVITY

To do-it-yourself, but with a little guidance

(2) 2hr Prenatal Sessions, IN PERSON or (2) 90min ONLINE

- Session 1: Ayurvedic consultation, Postpartum Planning, and help building your 'village'
- Session 2: using *The Newborn Mama Handbook* we will cover Ayurvedic Postpartum Self-Abhyanga, Baby-Abhyanga, basic Ayurvedic herbs and nutrition and Belly Binding.

(1) 2hr IN PERSON or (1) 1hr ONLINE Postpartum Session, to check your progress and answer any questions you might have.

BONUSES

- *Newborn Mama Handbook*: a guide for postpartum self-abhyanga, baby abhyanga, belly binding, Ayurvedic herbs and nutrition and other tips to support you during your Sacred Window
- *Resources & Referral Guide*, with my favourite local postpartum support professionals (if you live in the Bristol, UK area)
- Option to add other in-person or online sessions with me at special price

£243 ONLINE

£360 IN PERSON

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POSTPARTUM PACKAGES

Booking Details

MY INTENTION:

I hope you can find what suits you and your family.

Each package has been named after a Hindu goddess, to bless and protect you (and me) along this journey.

BOOKING PROCESS:

- Email me with your preferred package and I will send you a link to pay your non-refundable deposit to book me in.
- The remaining balance can be split to up to three instalments over 8 weeks from our first postpartum session.
- *Need more information?* Great! Go back to my website and book your free discover chat with me and let's meet each other.

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Booking Details Continued

If none of the above packages satisfy/suit you, you can still book me in for the following ad hoc sessions

A LA CARTE PRICING:

Ayurvedic Postpartum Massage

2hr Home Visit with yummy Ayurvedic treat, £125

add a belly binding wrap for £20

OR

90min Home Visit (massage only) £95

Personalised Postpartum Yoga Therapy

90min Home Visit, £95 (includes handout)

cheaper online options available in my 1:1 page on my website

Closing the Bones Ceremony

2.5hr Home Visit, £160

One-off Postpartum Doula Session

3hr In-Person £185

2hr Online £100

****Any extra Doula Session added to your chosen package****

10% off a la carte pricing

PLEASE NOTE:

- Travel costs are included in the price if you live within 10 miles round trip from my home in BS16, Bristol UK - otherwise extra charges will be added to any visits depending on distance and travel time.

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