



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 Thursday 8am - 5pm and 9am - 4pm on Saturday 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)
- (1) £20 voucher to use towards Closing the Bones or another doula session (to redeem within 1 year postpartum)
- Some nourishing recipes to stock up your freezer

*** you can mix this package with the Durga package to include: (1) 2hr antenatal session, (3) 2hr and (3) 3.5hr postpartum sessions for £1080, with a £15 voucher ***

£1340

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postpartum care • matrescence education • yoga and massage • women's circles

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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.'

(3) Postpartum Home Visits 2.5hr each

(3) Postpartum Home Visits 2hr each, includes:

- Ayurvedic drink and snack in the 2.5hr sessions (and just one snack OR drink in 2hr sessions)
- 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 Thursday 8am - 5pm and 9am - 4pm on Saturday 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 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)
- Some nourishing recipes to stock up your freezer

£900

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DURGA: HINDU GODDESS OF PROTECTION



(1) Postpartum Home Visit 2.5hr

(5) Postpartum Home Visit 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 within the six postpartum sessions:

- Breastfeeding support and basic baby care
- Emotional and psychological support during recovery from birth
- Belly Binding (belly binding wrap returnable at the end of the care period)
- Available to answer your calls/texts/emails Monday to Thursday 8am - 5pm and Saturday 9am - 4pm 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)
- (1) £10 voucher to use towards a Closing the Bones or another doula sessions (to redeem within 1 year postpartum)
- Some nourishing recipes to stock up your freezer

*** this package can also be purchased as Mini Durga to include 3 sessions only, over 6 weeks for £375 (£10 voucher not be included) ***

£725

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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 tutorial
- Baby-Abhyanga tutorial
- Belly Binding tutorial
- 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)
- Some nourishing recipes to stock up your freezer

£555

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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 **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 Postpartum Session IN PERSON or ONLINE to check in after baby's birth 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)
- Some nourishing recipes to stock up your freezer

£350

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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 £108 deposit to book me in.
- The remaining balance can be split into up to three instalments over 8 weeks from the birth of your baby.
- *Need more information?* Great! Go back to my website and book your free discover chat with me and let's meet each other.

ADDING SESSIONS TO YOUR CHOSEN PACKAGE:

Yes! You can add extra sessions to your chosen package to suit your needs. Perhaps you want 2 or more sessions per week during your first forty days, or maybe you just want to add a monthly or quarterly visit after our initial care time has ended, or a monthly or online check in.

Please email me with your requests or let's discuss once your care has started.

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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

Ayurvedic Postpartum Massage

2hr Home Visit with yummy Ayurvedic treat, £135

add a belly binding wrap for £20

OR

90min Home Visit (massage only) £100

Closing the Bones Ceremony

3hr Home Visit, £185

Placenta Burial Ceremony

2hr Home visit, £125

One-off Postpartum Doula Session

3hr In-Person £200 (includes 1 massage and one snack)

OR

2hr Online £108

PLEASE NOTE:

- Travel costs are included in the price if you live within 10 miles round trip from my home in Bristol - otherwise an extra charge of £35 p.h. travel will be added to any visits depending upon distance and travel time.

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