



PRENATAL AND BIRTH SUPPORT PROGRAMS

A note from Lauren:

I am so happy that you have reached out and contacted me about supporting you on this journey. I know this can be a confusing and overwhelming time filled with questions and unknowns. With so many unknowns it can be extremely helpful to have someone walk this path with you who is knowledgeable of the experience, and changes of body, mind, and spirit.

I also know this can be a sacred and beautiful time too! A time of connecting with yourself, baby, family and all growing together. With the right support and prep you will thrive.

I'm here to serve up tools of guidance, preparation, communication, information, support, comfort, advocacy, and more.

On the following pages you will find details about ways that we can work together.



LAUREN REEK

500 hour+ experienced, registered, and Insured Yoga Teacher, Registered Prenatal Yoga Teacher, Integrative Nutrition Holistic Health Coach, Sacred Birth Doula, and Mother of 2.

SERVICES PROVIDED

Prenatal Yoga Sessions in person and virtual:

60 min sessions where we will cover yoga poses, breathing techniques, and meditation techniques to have you feeling your best now and feel prepared for later. Read more: [Why Practice Prenatal Yoga?](#) With opportunity to further explore topics like nutrition, time and stress management, self care, spirituality, mindset, and more.

Prenatal Visit: Run through exercises to get clear on your priorities, needs, and what is important to you and your family for the upcoming birth. Get clarity on timeline and what to expect on the big day. Experiment with different comfort techniques with time to practice and troubleshoot. Partners are encouraged to join.

Partner Class: A deeper dive to connect you and your partner, make sure you're on the same page, partner yoga for feeling good now and preparation for birth, as well as practicing massage techniques and other tools. 90 min.

Birth attendance: By your side for labor, delivery, and approx 2 hours postpartum. Providing tools, support, comfort, advocacy, information and more. Read more: [What is the role of a birth doula?](#)

Postpartum visits/hours: Baby is here and it is time to review your birth story, check in on your needs, make sure you are nourished and taken care of. A nourishing meal, herbal tea, and light breathwork to reconnect you to your core. Opportunity to ask questions and discuss referrals if needed. Tending to your needs, and supporting you or tending to babies needs so you can have some time to take care of yourself - whichever you choose.

Telegram/text support: Support in between sessions with voice note, text, video, and more to answer your questions and stay connected.

Package #1

Premium V.I.P.

Prenatal Yoga and Doula Services Package

This Package includes:

- 30 Weekly Prenatal Yoga and Holistic Wellness Sessions
- 2 Prenatal Visits
- 1 Partner Class
- On call 2 weeks prior to and after due date
- Attendance during Labor and Delivery
- 4 postpartum hours
- Supplies for use at birth including lighting, essential oils, diffuser, massage gun, manual massage tools, rebozo, and more.
- Recorded Meditations, Breathing Techniques, and prenatal yoga sequences.
- Telegram or phone voice note or text support throughout pregnancy and 1 month postpartum with less than 24 hours response time during business hours.

*Price: \$6,795 Paid in Full which reflects a 3% percent discount.
3 and 6 month payment plans available if needed.*

Package #2

Most popular

“In the middle”

Prenatal Yoga and Doula Services Package

This package includes:

- 9 Prenatal Yoga and Holistic Wellness Sessions
- 2 Prenatal Visits (75-90 minutes each)
- On call 2 weeks prior to and after due date
- Labor and Delivery Attendance
- 2 Postpartum Visits
- Supplies for use at birth including lighting, essential oils, diffuser, massage gun, manual massage tools, rebozo, and more
- Recorded Meditations, Breathing Techniques, and yoga sequences library.
- Phone or Telegram voice note support throughout pregnancy and 1 month postpartum with less than 24 hours response time during business hours, during on call time available 24/7

Price: \$3,775 Paid in full reflects a 3% discount

3 and 6 month payment plans available depending on due date

Package #3

The basics of birth Doula Services Package

This package includes:

- 1 prenatal visit (75-90 minutes)
- On call 2 weeks prior to and after due date
- Labor and Delivery Attendance
- 1 postpartum visit (60 minutes)
- Supplies for birth
- Library of recorded resources and PDF's
- Text support with 24 hour response time during pregnancy, and voice note or call support throughout on call period, and 1 month postpartum with less than 24 hours response time and 24/7 access during on call period.

Price: \$1985, \$500 deposit required to reserve spot and remainder due 2 months prior to estimated due date. Payment plans available as needed.

Create your own package, à la carte, or add on to an existing package

Don't see what you need? Create your own package, or add on to existing. Choose from the below and depending on your selections you may qualify for a package discount.

Prenatal Yoga and Holistic Wellness Session:

Single session - \$145

See next page for package options

Prenatal Visit: \$200 for 90 min

Partner Class: \$200 for 90 min

Birth attendance: \$1,600

Recorded library of resources: \$25 per month of access

Voice note and text support: \$111 per month

Postpartum Visit: \$145 for 60 min

Additional Postpartum support hours : \$45/daytime hour \$65/hour overnight



Private Prenatal Yoga Packages

A session is 60 minutes with one on one attention focusing on your goals and needs. A combination of comfort measures for now, labor preparation, coping and comfort techniques. Meditation, breath work, strength and flexibility through movement, relaxation and more. This can be virtual. at your home, or at a rented studio space - or a hybrid model.

5 pack **\$675 (\$135 per session)**

5 60 minute sessions to be used within 6 months

10 pack **\$1,300 (\$130 per session)**

10 pack of 60 minute sessions to be used within 1 year

Intro Offer **\$375 (\$125 per session)**

3 60 minute sessions to be used within 45 days

Weekly session **\$500 per month
(\$125 per session)**

Includes: 4 sessions per month, VIP access to a regular spot on the calendar and priority scheduling, and access to recorded library of resources.

3 month minimum commitment



CLIENT TESTIMONIAL

As first time parents we didn't entirely know what to expect so I wanted to have extra support, and someone to help guide me through the process.

Lauren provided that support and kept me on track of following through with my wishes to have a natural birth.

I felt connected to myself and my baby through yoga and Lauren gave me tools to also use outside of our sessions.

I tell all my friends and family now who are pregnant or planning to be pregnant that they should have a doula. Lauren was so helpful in preparing us for labor and helping me get through the labor and birth.

Sarah C. and Baby Michael





CLIENT TESTIMONIAL

After a prenatal visit with Lauren we quickly realized how much of a priority it was to have her attend our child's birth. We instantly felt more confident and incredibly comfortable with her. We had done our research, but it was a huge relief knowing that she would be in the room after hearing her knowledge and experience. She answered all of our questions thoroughly and calmly, offered facts when we asked for advice, and supported all of our decisions and birth preferences.

We thought we were well prepared- but when it came down to the moment we do not know how we would have kicked off laboring at the hospital in such a wonderful, positive and smooth demeanor without her! Her support was essential in helping me have an unmedicated birth, while also coaching my husband on how to support me throughout it. My labor was long but she remained level-headed, reassuring, and attentive to all of my needs throughout the entire experience.

We could not be more grateful for the experience we had with Lauren. Her warm and knowledgeable presence was invaluable before, during, and after birth! She gave us love, support, and valuable tools to guide us through this journey. We can not wait to work with her again for baby number 2!

Jessica P. and Baby Renate





CLIENT TESTIMONIAL

I really couldn't have managed without an epi without you

You were a humongous help

Thank you sooooo much ❤️ ❤️ ❤️

You did amazing I'm so happy to be able to help!!!! You're very welcome. ❤️
❤️ ❤️

Honestly even with an epi couldn't have done it without you lol

Teamwork!!! ❤️ ❤️ ❤️

Megan D. and Baby Luna



THANK YOU!

I look forward to supporting you on this journey. Once you have taken a look over the options, let me know any questions you may have, and how I can help you. Don't see what you need? need more details? Email me back!

If you are ready to reserve your spot on my calendar right now and know what you want, email me at info@LaurenRyoga.com and let me know which package you choose, if you will be needing a payment plan, and we can get our first session on the calendar.

Whatever you choose, I wish you a smooth and easeful pregnancy, labor, and transition into parenthood.

Lauren Peck

