



# Yo Doula

## Yoga, Womb & Wellness

Yo Doula  
[contact@yodoula.com](mailto:contact@yodoula.com)  
 @yodoula

**Vision:** Yo Doula provides a healing, compassionate space to facilitate safe and educational yoga experiences that ease discomfort, promote body awareness, and improve energy- in preparation for childbirth and beyond

### Yo Doula Class Rates and Packages

<b>1 Prenatal Yoga Session</b>	\$15
<b>4 Prenatal Yoga Sessions</b> (Meeting 1x/ week)	\$50
<b>10 Prenatal Yoga Sessions</b> (Meeting once or 2x/ week)	\$125

\* Virtual Prenatal Yoga classes are offered on Saturdays at 8AM and 4PM. 1:1 (virtual or in person) sessions are available upon request

### Yo Doula Service Packages

\* Yo Doula accepts clients on a first come first serve basis. Only 3 slots are available until May 2023

	What You Get	Rate
<b>The Support Package</b>	<ul style="list-style-type: none"> <li>• Initial <b>Consultation</b> to customize the focus of your package</li> <li>• 2 (virtual or face to face) <b>Childbirth Workshops</b></li> <li>• 8 (virtual or face to face) <b>Prenatal Yoga sessions</b></li> <li>• <b>Weekly Newsletter</b></li> <li>• <b>Weekly Check-In</b> (via text, phonecall, or email)</li> <li>• Labor and Delivery <b>Doula Support</b></li> </ul>	\$600
<b>Intended Audience:</b> People who: have given birth; want resources to promote a comfortable pregnancy; and/or desire ideal birth outcomes		



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	What You Get	Rate
The Guidance Package	<ul style="list-style-type: none"> <li>• Initial <b>Consultation</b> to customize the focus of your package</li> <li>• 3 (virtual or face to face) <b>Childbirth Workshops</b></li> <li>• 15 Live (virtual or face to face) <b>Prenatal Yoga sessions</b></li> <li>• <b>Weekly Newsletter</b></li> <li>• <b>On demand Check-Ins</b> (via text, phonecall, or email)</li> <li>• Labor and Delivery <b>Doula Support</b></li> </ul>	\$900

**Intended Audience:** People who: are first time birthers; want a more desirable birth experience than previous births; want resources to apply to each stage of pregnancy; want to establish ease, intuitive movement, and body autonomy

	What You Get	Rate
The All In Package	<ul style="list-style-type: none"> <li>• Initial <b>Consultation</b> to customize the focus of your package</li> <li>• 4 (virtual or face to face) <b>Childbirth Workshops</b></li> <li>• 25 Live (virtual or face to face) <b>Prenatal Yoga sessions</b></li> <li>• 3 <b>Postpartum Yoga sessions</b></li> <li>• <b>Meal Prep Calendar and Grocery Lists</b></li> <li>• <b>Weekly Newsletter</b></li> <li>• <b>On demand Check-Ins</b> (via text, phonecall, or email)</li> <li>• Labor, Delivery, Postpartum <b>Doula Support</b></li> </ul>	\$1300

**Intended Audience:** People who: have experienced miscarriage(s) or carry traumas attached to pregnancy and birth; have a limited support system and desire frequent contact with your doula; are fearful about childbirth and want to learn as much as possible before baby comes