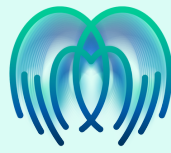


"Lisa has something special. When she came to us, I felt I was in good hands & embraced."

Dayane Barros



METASOMA
innate expression of health



LISA LEE

Birth Doula Service

YOU ARE UNIQUE & YOUR NEEDS ARE SPECIAL

I offer in-person & virtual support to optimise your birth experience:

- 3 prenatal appointments covering your birth planning, body balancing, maternal positioning & comfort measures
- On call for 1 week before & after your estimated due date
- Support you through labour & birth with positioning & movements
- 1 postnatal appointment for debrief & to address early issues
- Access to resources like selection of books, self-care tools e.g. meditation, affirmations, emotional release techniques & more

Inclusive in the package:

- 3 prenatal Body Ready Method™ body balancing (worth \$300)
- 1 prenatal craniosacral therapy (worth \$100)
- One Strong Mama® postpartum program (worth \$100)

**Certified
BRM™ Pro**

I'M HERE FOR YOU!

My approach is holistic by working from the inside out & outside in.

Biomechanics of Body Ready Method™ together with biodynamics of Craniosacral Therapy form the perfect consonance to support you.

I believe in your innate ability in birthing by encouraging your intuition & empowering you with my arrays of therapeutic skills.

**Certified
Birth
Doula**

**Investment for
only \$2,000!
(Afterpay available)**

**Plus 10% discount on
additional craniosacral &
body balancing
sessions if required.**

**Cranio
Sacral
Therapist**

My pillars to support you:

- honour your innate power
- support your body dynamics
- create balance & space

Let's connect to explore if I'm the right doula for you.

In-person service covers 10km radius from Sydney CBD.

Virtual support is available outside this area.



SCAN ME

**COMPLIMENTARY
ZOOM MEETING**

Book online now

