



Gaia

Holistic Birthing & Family Sanctuary

Acknowledgement of Country



We wish to acknowledge the Yugambeh people, the traditional custodians of this land we envision birthing Gaia upon, who have cared for and protected country here for more than 70,000 years.

With deep respect, we honour their enduring connection to the sacred lands, flowing waters, and rich cultural wisdom. We offer gratitude for the way they have nurtured and safeguarded this country so that we may now live, work, play, and raise our families upon it.

We pay our respects to the Elders past and present and extend that respect to all Yugambeh people today and into the future. May we continue to learn from their wisdom, walk gently on this land, and carry forward a legacy of care, respect, and deep listening to country.

Our Purpose

“Uplifting and empowering families, one birth at a time.”



Our Vision

At ***Gaia Holistic Birthing and Family Sanctuary***, we honour the ***sacred unfolding of life*** through heart-led, evidence-based, women-centred, family-inclusive, holistic, and compassionate care.

Our model of care is guided by ***professional standards*** and delivered with ***cultural sensitivity, and respect***. We offer safe, integrated maternity and family care through a ***collaborative team*** of qualified midwives, general practitioners, and specialist obstetricians. In partnership with our referral hospital, we ensure ***continuity of care*** across the pregnancy, birth and postpartum journey, supporting ***informed decision-making*** and ***clinical safety*** at every step.

We believe that birth is more than a physical event. It is a spiritual and emotional transformation.

Our sanctuary provides a supportive environment that ***nurtures each woman's individual needs and preferences***, encouraging emotional wellbeing, self-agency, and community connection.

It is also a place where ***love leads, intuition is trusted, community uplifts, and every feeling is sacred***. Here, we remember the ***ancient wisdom of feminine power, the healing gifts of nature, and the strength of sisterhood***.

We are committed to nurturing empowered, conscious mothers who, in turn, birth and raise empowered, conscious generations.

Our Mission

- ♥ Our mission is to create accessible (cost-effective), evidence-based, women-centred and high-quality birthing and family centres that enable safe, peaceful and soulful births onto Earth.
- ♥ We are working towards securing funding in 2025 to open our first centre on the Gold Coast in 2028.
- ♥ We strive to empower 360 women to birth safely and peacefully in our sanctuary in the first year of opening, increasing to 720 women per year beyond that. (=30/60 per month)
- ♥ We strive to support and empower one hundred families per week in our family sanctuary in the first year of opening, increasing steadily beyond that.
- ♥ Our aim is to provide exceptional service with feedback continuously high, and any improvement suggestions considered swiftly.

Our Values

*Our values are more than a philosophy, it's our living commitment to how we walk with mothers, families, and the Earth. **SACRED** guides every interaction, decision, and moment in our space.*

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Safe spaces and **soulful support**

Attention to holistic needs

Compassion and **connection**

Respect for all choices and cultures

Empowerment through **evidence** and **education**

Divine wisdom and intuitive guidance

Women and family centred care



Our Intentions

Our Intentions of Gaia are to offer:

- ♥ Birthing Centre with midwifery and medical model integration
- ♥ Family wellness clinic (naturopathy, acupuncture, bodywork, counselling, etc.); onsite, off-site as well as telehealth support.
- ♥ Yoga & Event space
- ♥ Earth café & kitchen to support the greater community
- ♥ Village-style parenting and postpartum support
- ♥ Seasonal events, rituals, and education aligned with the rhythms of life



Concept and Intentions

Natural Outdoor Areas

Natural green space with established trees and access to creek. Natural playground including fenced areas. Relaxing areas and nurturing space for individuals and groups. Fruit trees and herb garden.



Birthing Centre

- Four Holistic Birthing Suites with private natural outdoor areas.
- Midwifery, GP or Obstetric led **Continuity of Care**.
- Emergency equipment.

Family
Sanctuary

Holistic Health Practitioners

- Healing space to support the wellbeing of pre-and postnatal woman, babies, children and fathers.
- Extended maternity support, including for fertility, miscarriages, postpartum.
- Psychology, lactation consultants, osteopathy, chiropractors, acupuncture, naturopathy, kinesiology, massages, cranio- sacral, etc.

Earth-friendly Buildings

- Green star rating.
- Low-tox materials and principles.
- Hard wired phone and internet connections,
- Water filtration.

Yoga and Event Space

- Facilitating connection, education and growth through regular and special events.
- Holistic education - pregnancy, birth including circle of intervention, hypnobirthing, postpartum, gentle parenting, baby massage, etc.
- Regular prenatal classes for families to start connecting and building a village.
- Yoga, Pilates, pre- and postnatal exercise.
- Community circles (mums, dads, bubs, kids, etc.).
- Sound healing, meditation and sacred music events, etc.
- Family constellation or other healing events.
- Baby showers, mothers blessings, etc.

Earth Café

- Healthy and nourishing food for the Gaia community, incl Birthing Centre.
- **Meeting place:** child friendly fenced and unfenced indoor and outdoor areas.
- Catering for various dietary preferences,
- Fresh juices, fruit, raw and healthy treats.

Reception and Shop

- Support the entire community.
- First point of contact.
- Reception for yoga hall and practitioners.
- Provide healthy low-tox, earth friendly, nurturing choices for the community: books, (baby) clothes, toys, toiletries, oils, crystals, supplements.
- Organise volunteer programs.

Auxiliary use (not advertised for external customers).

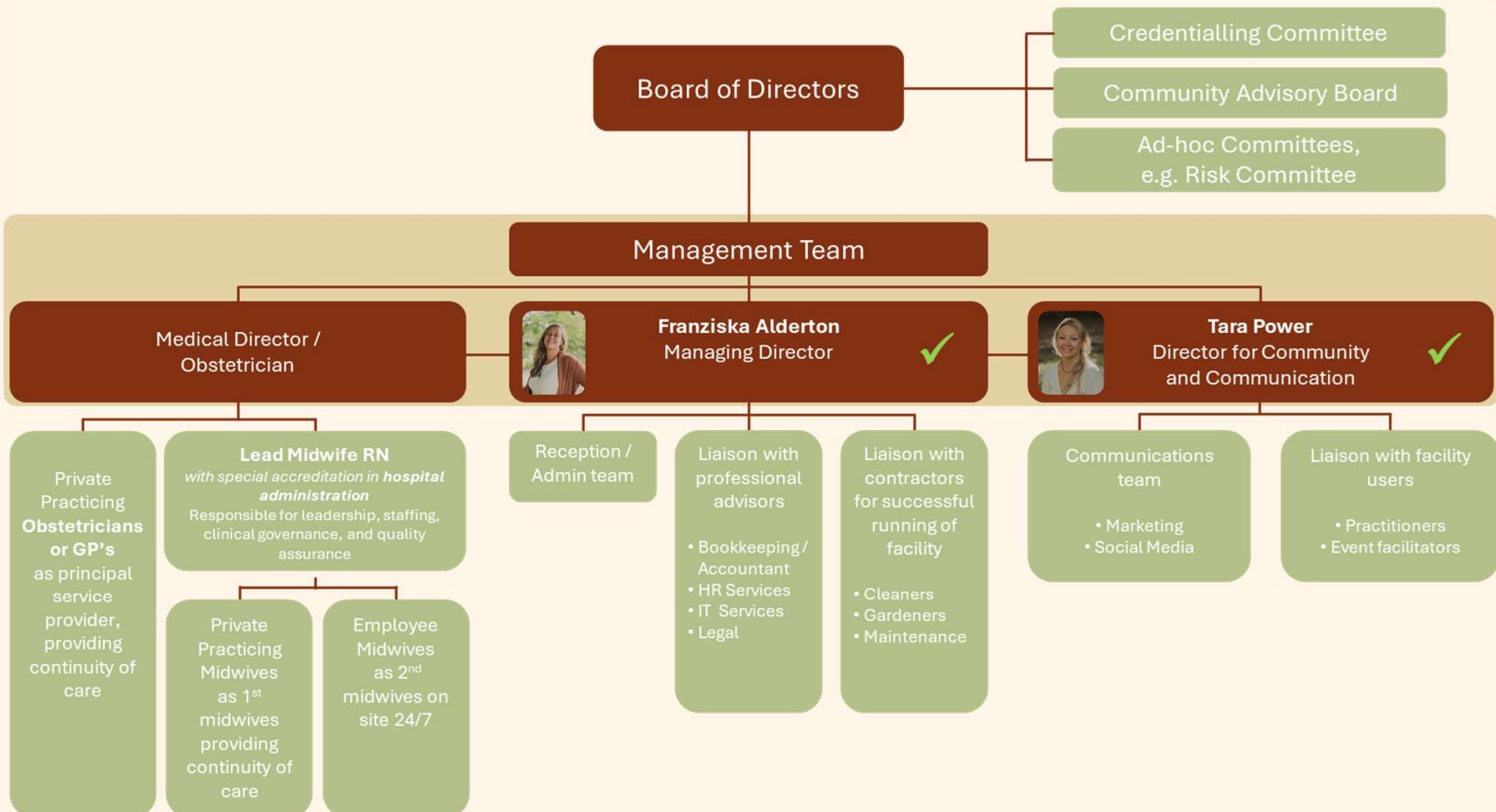
Moodboard

Next steps and timeframes

Steps	Approx timeframe	Approx completion time	2025	2026	2027	2028
Gather team	throughout	Dec 2028				
Licensure and Accreditation	throughout	Dec 2028				
Secure Funding	6-9 months	March 2026				
Find property	3-6 months	June 2026				
Property due diligence	3 months	Sept 2026				
Council planning	12 months	Sept 2027				
Detailed design	12 months	Sept 2027				
Construction	12-18 months	Sept 2028				
Opening	Big opening event	December 2028				



Team Structure Gaia Holistic Birthing and Family Sanctuary



Stay in touch

- ♥ Website and sign up to our lovelist
<https://gaiabirthing.com.au>
- ♥ Facebook
[Gaia Holistic Birthing and Family Sanctuary](https://www.facebook.com/gaiabirthingandfamilysanctuary)
- ♥ Instagram [@gaiabirthingsanctuary](https://www.instagram.com/gaiabirthingsanctuary)
- ♥ Go Fund Me page [create-a-new-holistic-birthing-centre-on-the-gold-coast](https://www.gofundme.com/f/create-a-new-holistic-birthing-centre-on-the-gold-coast)

