

C A R I D A D S A E N Z

BIRTH GUARDIAN

SERVICES MENU

Guiding families through the labyrinth of birth and becoming.

Preparation, continuous birth support, VBAC care, postpartum integration and ceremony - offered without asking you to achieve a particular kind of birth.

Choose the place that feels most like where you are now.

Birth Guardian Services

A simple overview of the ways we can work together. Detailed descriptions follow.

CATEGORY	SERVICE	RATE
PREPARE	The Orientation	AED 1,800
	The Labyrinth Preparation	AED 2,800
	Signature Pregnancy Preparation Journey	AED 4,800
BIRTH	Birth Guardian Presence	AED 5,000
	Birth Guardian Journey - Essential	AED 6,500
	Birth Guardian Journey - Expanded	AED 8,000
	Signature Birth Journey - All-Inclusive	AED 9,500
VBAC	Hospital VBAC Birth Journey	AED 6,500
BIRTH + BEYOND	Private Journey - Foundation	AED 11,000
	Private Journey - Full Integration	AED 17,500
CLOSING THE BONES	The Closing	AED 1,100
	The Return	AED 1,300
	The Threshold	AED 1,500
MOTHER BLESSINGS	The Threshold Blessing	AED 1,800
	The Labyrinth Blessing	AED 2,800
	The Birth Guardian Blessing	AED 3,800

Birth-support journeys: 60% booking retainer when the agreement is signed; 40% balance by 36 weeks. Preparation-only services may be paid in two instalments.

Pregnancy Preparation

Private preparation for families who want education, emotional steadiness, partner confidence and practical tools - without booking labour attendance.

The Orientation AED 1,800

A grounded beginning.

Includes: Two private sessions; labour basics; emotional safety; partner role; hospital navigation; early birth priorities; immediate postpartum preparation; Client Library; virtual support.

Best for: Families wanting something more personal than a general antenatal class.

The Labyrinth Preparation AED 2,800

Preparation that goes beyond the mechanics of birth.

Includes: Three private sessions; practical education; emotional preparation; partner confidence; hospital navigation; birth preferences; movement; comfort measures; postpartum planning; Client Library; virtual support.

Best for: Families wanting deeper preparation without on-call or birth attendance.

Signature Pregnancy Preparation Journey AED 4,800

My most comprehensive preparation-only experience.

Includes: Five private sessions; personalised birth-preferences document; comprehensive partner preparation; hospital navigation; emotional preparation; movement and comfort techniques; birth rehearsal; postpartum planning; Client Library; virtual support.

Best for: Couples wanting to prepare deeply while relying on their medical team, partner or another doula during labour.

Birth Support

Continuous labour support with different levels of preparation and postpartum integration.

Birth Guardian Presence AED 5,000

Focused labour and birth support.

Includes: One prenatal connection session; birth-preferences review; Client Library; virtual support; on-call from 37 weeks; early-labour guidance; continuous labour and birth support; partner guidance; immediate postpartum presence; first-week follow-up call.

Best for: Families who already feel well prepared.

Birth Guardian Journey - Essential AED 6,500

Preparation + presence + integration.

Includes: Two private preparation sessions; birth-preferences exploration; partner preparation; Client Library; virtual support; on-call from 37 weeks; continuous labour and birth support; immediate postpartum presence; one postpartum integration visit.

Best for: Families wanting a trusted relationship before birth and reconnection afterwards.

Birth Guardian Journey - Expanded AED 8,000

More preparation. More partner confidence. More space after birth.

Includes: Everything in Essential, with three preparation sessions in total; deeper emotional preparation; additional partner training; practical birth rehearsal; additional pregnancy communication; two postpartum integration visits in total.

Best for: Families wanting a deeper relationship before birth and more integration afterwards.

Signature Birth Journey - All-Inclusive AED 9,500

The complete Birth Guardian preparation and birth experience.

Includes: Five comprehensive preparation sessions; written birth-preferences document; partner preparation; hospital navigation; emotional preparation; movement and comfort techniques; birth rehearsal; postpartum planning; Client Library; virtual support; on-call from 37 weeks; continuous birth support; one postpartum integration visit.

Best for: Families wanting my most comprehensive preparation and birth support without extended ceremonial postpartum care.

VBAC + Birth and Beyond

Hospital VBAC Birth Journey AED 6,500

Specialised support after caesarean.

Includes: Three private VBAC preparation sessions; previous-birth reflection; VBAC education; personalised birth preferences; hospital communication preparation; partner preparation; movement and positioning; preparation for more than one possible birth pathway; Client Library; virtual support; on-call from 37 weeks; continuous labour and birth support; one postpartum integration visit.

Best for: Families wanting specialised emotional, practical and continuous support for birth after caesarean.

Private Journey - Foundation AED 11,000

Birth support with intentional postpartum care.

Includes: Everything within the Signature Birth Journey, plus one postpartum home visit; one Closing the Bones ceremony; two Becoming Mother integration sessions; extended virtual postpartum support.

Best for: Families wanting pregnancy and birth support together with meaningful postpartum care, reflection and ceremony.

Private Journey - Full Integration AED 17,500

The complete passage through pregnancy, birth and becoming.

Includes: Everything within Foundation, plus additional private pregnancy support; priority virtual communication; extended partner preparation; shadow-work and pattern-awareness conversation; two postpartum home visits in total; Closing the Bones; four Becoming Mother integration sessions in total; additional informal connection when needed and possible.

Best for: Families seeking the highest level of continuity, preparation, personal support and postpartum integration.

Closing the Bones

A body-centred ceremony of gathering, transition and return. Closing the Bones can be meaningful after birth - days, months or years later - and also after loss, the end of breastfeeding, a move, separation, caregiving, or another significant life transition. There is no requirement to be postpartum, and no need to arrive with a perfect explanation for why you are coming.

The Closing AED 1,100

The essential Closing the Bones ceremony.

Includes: Arrival and intention-setting; grounding; gentle body preparation; traditional rebozo wrapping from head to feet; stillness and receiving; simple closing ritual.

Best for: Someone who primarily wants the physical and ceremonial practice itself.

The Return AED 1,300

Closing the Bones with space for your story.

Includes: Everything in The Closing, plus an extended private integration conversation; reflection on the transition being marked; personalised intention; additional integration time.

Best for: Someone who wants the experience to be spoken, witnessed and held alongside the body.

The Threshold AED 1,500

The fullest ritual of release, receiving and return.

Includes: Everything in The Return, plus personalised ceremonial preparation; a bath or water ritual where appropriate; intentional transition between water and wrapping; extended ceremony and closing.

Best for: Someone wanting a fuller ceremonial experience around a significant threshold or life change.

Mother Blessing Ceremonies

A Mother Blessing is not a baby shower. The attention turns toward the mother - surrounding her with encouragement, intention, ritual and the people who will hold her as she approaches birth.

The Threshold Blessing AED 1,800

Simple, intimate and meaningful.

Includes: A gentle, intentionally held ceremony centred around the mother and the threshold she is approaching.

Best for: A smaller, quieter gathering.

The Labyrinth Blessing AED 2,800

A deeper ceremonial experience.

Includes: The labyrinth, reflection and layered ritual, shaped around the mother and her community.

Best for: Families wanting a more immersive Mother Blessing.

The Birth Guardian Blessing AED 3,800

A fully personalised ceremony.

Includes: Extended planning; family or partner participation; meaningful rituals; personalised ceremonial elements; follow-up connection.

Best for: Those wanting the fullest bespoke Mother Blessing experience.

Please note: Venue, catering, décor, photography, flowers, gifts and specialist materials are quoted separately where applicable.

Every Journey Includes More Than the Appointment

Depending on the service selected, Birth Guardian care may also include access to the private five-module Client Library, ongoing virtual support, preparation for appointments, reflection afterwards, birth-preference discussions and additional personal connection when appropriate.

Birth Guardian services are nonclinical and work alongside - never in place of - your doctor, midwife, nurse, therapist or other appropriate professional support.

“Birth is not something a woman needs to perform. It is a path she walks - one that deserves presence, protection and respect.”

- Caridad Saenz