

THE LOTUS BIRTH JOURNEY DOULA SUPPORT GUIDE

Your path to supported, nurturing, heart-centered care.

Yoga & Wellness



Lotus Blossom

- EST. 2022 -

WELCOME, BEAUTIFUL FAMILY

I am so honored you're here.

Choosing doula support is an act of courage, love, and intention. It means you're seeking more than information- you're seeking presence, care, and someone to walk beside you through one of the most powerful seasons of your life.

My role is simple and sacred: to help you feel held, informed, grounded and supported as you move through pregnancy, birth, and early postpartum.

Whether this is your first baby or your fifth... whether this journey feels exciting, overwhelming, or a mix of both... you don't have to navigate any of it alone.

My approach is gentle, intuitive, trauma-informed, and rooted in deep respect for your autonomy, your intuition, and your unfolding birth story. I meet you exactly where you are- with warmth, compassion, and presence.

I'm honored to be part of this journey with you.

I can't wait to walk with you, support you, and help create a space where you feel safe, empowered, and deeply cared for.

*With love,
Stephanie Goldman*

WHAT A DOULA IS

A doula is a steady, nurturing presence who supports you through pregnancy, birth, and the early weeks of postpartum with emotional care, education, and grounded guidance.

I am not a medical provider - I am your companion, your advocate, and your calm in the middle of it all. My role is to help you feel informed, held, and deeply supported as you move through one of the most transformative seasons of your life

MY PHILOSOPHY OF CARE

My approach is gentle, intuitive, trauma-informed, and rooted in the belief that your body holds deep wisdom. I honor your autonomy, your voice, and your inner knowing, and I walk beside you with warmth, presence, and unwavering support.

You deserve a birth experience where you feel safe, empowered, and connected to your own strength - and my work centers around helping you arrive there with confidence and ease. Rather than beginning support only in the final weeks of pregnancy, my care begins earlier and unfolds in layers. This allows us to build a relationship before birth, so that when labor arrives, I can support you fully and intuitively.

All packages include:

- Early emotional support
- Thoughtful preparation
- Continuous labor support
- Postpartum integration and care

Communication & Ongoing Support

From weeks 20-34 of pregnancy, I offer monthly check-ins via phone or text to provide:

- Emotional support
- Space for questions or concerns
- Gentle guidance and reassurance
- Referrals and resources as needed

These check-ins help establish continuity and connection before in-person visits begin.

Please note:

Phone and text support is non-emergency. Messages are typically returned within 24-48 business hours.

THE LOTUS BIRTH JOURNEY

Full-Spectrum Support- \$1800

This is the most complete way to experience doula support, allowing us to build a relationship before birth and provide deeper support during your postpartum transition.

A sacred, full-spectrum doula experience that gently supports you from 36 weeks of pregnancy, through your birth, and into our early postpartum. This package offers weekly connection, continuous labor support, and deep care during the tender first weeks with your baby.



Included in Support

- Monthly phone/text check-ins from weeks 20-34
- Weekly in-person prenatal visits beginning at week 36
- 2 postpartum visits (1 year total postpartum support through text/phone)
- Unlimited text/email support
- Phone support 8am-8pm
- Birth vision + postpartum planning
- Comfort measures + breathwork
- Partner support
- Reiki-infused nurturing
- Feeding + newborn care support



Additional Support Available

- Additional prenatal/ postpartum visits
- Belly Binding
- Closing the Womb
- Prenatal/ Postnatal Massage
- Salt Room
- Red Light Therapy



COMPARE PACKAGES

Chose the support that feels right for your journey.

LOTUS BIRTH JOURNEY \$1800

(Full Spectrum Support)

★ Most Comprehensive Support

- Weekly prenatal visits
- In-person labor support
- 2 postpartum visits
- Unlimited Support
- Birth vision + postpartum planning
- Partner Support + Comfort measures

Best for : families wanting deep, steady, nurturing support.

THE LOTUS ESSENTIALS \$1200

(Essential Birth Support)

- 2 prenatal visits
- In-person labor support
- 1 postpartum visits
- Unlimited support
- Partner guidance + comfort measures

Best for: families wanting strong birth support without weekly visits.

THE LOTUS POSTPARTUM PATH \$1,000

(Holistic, in-home)

- Up to six (6) in-person postpartum visits
- Scheduled over the first several weeks or months after birth
- One 90-minute therapeutic postpartum massage
- Coordination of a meal train with family and friends to support nourishment
- Herbal teas and gentle perinatal herbal support, offered for comfort and nourishment
- Infant feeding support (non-clinical)
- Newborn care education and reassurance
- Partner and family support
- Continued phone or text support between visits
- (Non-emergency, responses within 24-48 business hours)



NEXT STEPS

Here's how to begin your journey with me. Everything is simple, gentle, and designed to help you feel supported from the very start.

STEP 1- SCHEDULE YOUR CONSULTATION

We'll meet for a free virtual consultation to connect, explore your questions, and see if we're the right fit for one another.

This time is soft, warm, and no pressure.

STEP 2- CHOOSE YOUR PACKAGE

Together, we'll talk through your needs and decide which package best fits your birth vision and level of support

STEP 3- SIGN YOUR AGREEMENT

You'll receive a clear, easy-to-read digital agreement outlining what's included.

Signing your agreement officially holds your birth window.

STEP 4- SUBMIT YOUR DEPOSIT

A deposit secures your spot and begins our work together.

Payment plans are available for all packages.

STEP 5- WE BEGIN YOUR JOURNEY

You'll receive your Welcome Packet, resources, and next steps, and we'll schedule your first visit together.

From that moment forward-
you are supported.



CONTACT & CONNECTION

I'M HERE FOR YOU

If you have questions, need clarity, or simply want to talk through your options, please reach out anytime.

You deserve support that feels warm, grounded, and aligned- and I'm here to help you find what feels right for you.

Whether you're ready to begin this journey or are still exploring your choices, I'm honored to connect with you

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