

## POSTPARTUM PLANNING COACHING

2 SESSIONS    1.25 hrs            EACH            \$200

How to prepare for Postpartum (the 4th trimester). After the support during Pregnancy and Birth and then you are home with a new baby. The What and How's to clarify and re-organize for the Joys, Support Systems and Logistics of the Postpartum Time. Personalized to your situation and choices. Ahara is a trained PostPartum Ayurvedic Doula. She teaches Postpartum Doula Programs.  
See Doula Trainings