

## Pregnancy Wellness Therapy

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We also offer Pregnancy Wellness Therapy options to assist with easing the bodily changes, reduce your stress levels, and assist mother with taking excellent care of herself during pregnancy.

Enjoy a session of relaxing Maternity Reiki Therapy, energizing Chakra Therapy, soothing Crystal Therapy, tantalizing Aroma Therapy, whole body wellness Touch Therapy, Hypnosis to ease stress, Meditation to elevate your peace, Music Therapy to ease tensions, Juice Therapy to infuse the body, Herbal Treatments for whole body wellness, Prenatal Acupressure, Breathology Sessions, and Bes Therapy soothing prenatal dance.

*Home or office visits available*  
Make an appointment today  
713-893-8447



*"A way to a peaceful life through  
divine purpose living and  
learning!"*



## A Life Of Peace Wellness Education Institute

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[www.alifeofpeace.org/doula-house](http://www.alifeofpeace.org/doula-house)  
[info@alifeofpeace.org](mailto:info@alifeofpeace.org)  
713-893-8447



*The Doula House  
Houston, TX*

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## WHAT IS THE DOULA HOUSE?

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The Doula House is a wellness education, family service, and natural birth information center made up of holistic birth workers. We provide the community with a network of resources to fill the gap between the worlds of medical birthing and natural birthing. Every mother and family should have their desired birthing experience with the support they deserve during this special time no matter the choice.



## The Doula House Services

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- ◆ Emotional Support
- ◆ Encouragement
- ◆ Companionship
- ◆ Prenatal Care
- ◆ Postnatal Care
- ◆ Informational Support
- ◆ Breastfeeding Support
- ◆ Family Support
- ◆ Therapeutic Touch Therapy
- ◆ Meditation Therapy
- ◆ Relaxation and Breathing Techniques



## Schedule of Events

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The Doula House Webinar Series is **READY, SET, TO GO!**

Join us for a moment of maternity wellness information every other month as we explore topics to assist you and your family with information on fertility, pregnancy, labor/birth, and postpartum care.

We have a lot planned for you: Meet the Doula Days, Annual Community Baby Shower, Birthing Classes, Blessing Way Ceremonies and more.

### 2022 Schedule

**February 5**

The Beauty of The Lotus Birth

**April 2**

Water Birth Safety

**June 5**

Crystal Therapy and Birth

**August 7**

The 4th Trimester: Everything You Need To Know

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