

Also On Offer!!
**Pregnancy Wellness
Therapy**

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

Enjoy a session of relaxing 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, Heat Therapy, 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!"*

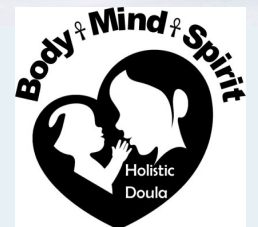


**A Life Of Peace
Wellness Education
Institute**

www.alifeofpeace.org/doula-house
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713-893-8447



Doula House



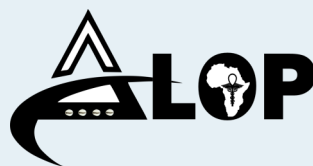
WHAT IS THE DOULA HOUSE?

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 whether the choice is a hospital birth, birthing center birth, or home birth.



What You Get From The Doula House

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



Schedule of Events

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 pregnancy, birth and postpartum.

Meet the Doula Days, Annual Community Baby Shower, Birthing Classes, Blessing Way Ceremonies and more.

2024 Schedule

February 11

The Ghana Doula

May 4

Your Birth Team

August 25

What is a Traditional Midwife?

November 3

The VBAC Facts

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