

Pregnancy Wellness Therapy

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

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



*The Doula House
Houston, TX*



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 no matter the choice.



The Doula House Services

- ◆ 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

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.

2023 Schedule

February 12 - Fertility Support Group Chat

April 2 - First 40 Days - Sacred Postpartum Care

June 4 - Maternal Health Initiative

August 6 - Choosing a Birth Center and Midwife

October 1 - Lactation Cookie Baking Class

December 3 - Pregnancy Photography Tips

Online Registration and More Information

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