



Package Option	Description	Price
Standard Birth Doula	<ul style="list-style-type: none"> ● 2, 90 min prenatal sessions ● Text check-ins ● On-call at 37 weeks ● Attendance and support for labor and birth ● 1, 2 hr postpartum session ● Non-professional birth/labor photos 	\$1,600
Premium Birth Doula	<ul style="list-style-type: none"> ● 3, 90 min prenatal sessions ● Text check-ins ● Body Ready Method Assessment ● On-call 37 weeks ● Attendance and support for labor and birth ● 2, 90 min postpartum sessions ● Non-professional birth/ labor photos 	\$2,000
Prenatal Prep & Body Ready Method (BRM) Assessment	<ul style="list-style-type: none"> ● 4, 2 hr in person prenatal sessions including BRM assessment ● Covering topics like: Comfort measures, daily movements for labor prep, birth plan and communicating with medical team ● On-going text-support 	\$575
Prenatal Prep, BRM Assessment & Virtual Birth Support	<ul style="list-style-type: none"> ● 4, 2 hr in person prenatal sessions including BRM assessment ● Covering topics like: Comfort measures, daily movements for labor prep, birth plan and communicating with medical team ● Text-support ● On-call by phone at 37 weeks ● Available by phone / video to support and or consult during birth 	\$750
Body Balancing Session (only or add on to any package) *add on to other packages for \$75	90 minute session of body balancing in week(s) leading up to birth and/or to address the following: adding balance in the body to aid in engagement of baby into the pelvis, prodromal (false) labor, address a specific pain point in the body	\$100
Body Ready Method Assessment (only) *add on to other packages for \$75	2 hour session assessing movement patterns, compensations and practicing recommendations for movement tools	\$150
Virtual Consultation	60 minute online sessions to plan, talk through questions, do virtual body and movement assessment and recommendation	\$55/ session
Other	Let me know what might work best for you! We can put together anything that will help meet your needs.	

Travel: There is a 1 time \$100 add on for any address 50 miles or further from Fargo.