

## Nurtured Mommy Services

HypnoBirthing Group Class (5 sessions, book, booklet, audio tracks) .....	\$400
HypnoBirthing Private Class (5 sessions, book, booklet, audio tracks) .....	\$800
Ready to Give Birth One-Day Private Class .....	\$500
Doula Package (payment plan optional) .....	\$2,500
HypnoBirthing Package (payment plan optional) .....	\$2,750
Class Make-Up Session or Refresher .....	\$50/hour
Nesting, Baby Prep, or Organizing Support .....	\$50/hour
Postpartum Support .....	\$50/hour
In-Person Breastfeeding Support .....	\$50/hour

### Doula Package Overview

Two prenatal visits, typically 2 hours each  
Access to lending library  
Phone and text consultation in pregnancy and 2 weeks postpartum  
24/7 availability for labor  
Back up doula  
Phone support during early labor, as needed  
In-person support during active labor and birth  
Breastfeeding support for about the first hour after birth, if desired  
1 postpartum visit, including breastfeeding support if desired

### HypnoBirthing Package Overview

Three prenatal visits, typically 2 hours each  
Access to lending library  
Phone and text consultation in pregnancy and 2 weeks postpartum  
24/7 availability for labor  
Back up doula  
HypnoBirthing group series (approximately 15 hours of class time)  
HypnoBirthing textbook, booklet, and downloadable audio tracks  
Phone support during early labor, as needed  
In-person support during active labor and birth  
Breastfeeding support for about the first hour after birth, if desired  
1 postpartum visit, including breastfeeding support if desired

*Repeat clients receive a 10% discount off of a regular package price*