



## Maternity Wellness Center



## Packages and A la Carte Services

### Comprehensive Wellness Package

This is a comprehensive package that offers all services provided to our own patients. This includes access to our complete education series, which includes extensive natural childbirth, lactation, and parenting preparation, unlimited prenatal and postnatal yoga, postpartum lactation support, prenatal and postnatal nutrition guidance, and prenatal and postnatal support groups and counseling. Available with or without doula support for labor and delivery.

With Doula: \$ 2100

Without Doula: \$1250

### Empowered Motherhood Education package

This special package provides access to our complete education series, which includes extensive natural childbirth, lactation, and parenting preparation, as well as prenatal and postnatal nutrition guidance.

\$650

### Unlimited Yoga Package

Unlimited yoga, offered three times weekly for the duration of your pregnancy and postpartum. Small, personal classes tailored to all experience levels taught by our wonderful team.

\$500



### PostPartum Package

For mothers finding us after delivery of their little one, this package offers access to all our postpartum services, including lactation support, postnatal yoga and nutrition classes, and our postpartum support groups and counseling.

\$350



### A la Carte

Private BreastFeeding Consult- Billed to Insurance\*

\$200

With prompt-pay discount, prior to appointment, not billed to insurance: \$140

Cash Pay 3 Session package \$375

Individual or Couples Counseling- Billed to Insurance\*

\$250

With Prompt-pay discount, prior to appointment, not billed to insurance: \$175

Cash Pay 3 Session package: \$450

Individual Childbirth or Parenting Class: \$125 per class

Drop-In BreastFeeding Support Group: \$40 per group

Individual Yoga Class: \$25 per class

Doula for Labor and Delivery: \$1000

