

Holistic Birth Experience \$1500

Perfect for those looking to integrate spiritual support with the physical and emotional support received from their doula during prenatal, labor and postpartum care. This package is offered in conjunction with the FED Doulas Birth Experience and is not intended as a stand alone package.

- Three (3) one-hour virtual spiritual companionship sessions spaced out by trimester
- One (1) one-hour virtual prenatal visit to discuss ways to ritualize your pregnancy and celebrate the birth
- One (1) one-hour in-person prenatal visit, your choice of one (1) service:
 - Assistance with planned ritual
 - Pregnancy reiki
 - Guided meditation
 - Additional spiritual companionship session
 - House clearing (negative energy removal)
 - Values discernment
 - Spirit card reading
- Reiki Crystal Grid activation throughout your pregnancy to support peace and calm
- On-call beginning at 38 weeks.
- In-person personal and family chaplain support during labor, birth and after-birth. Beginning with active labor up to 2 hours after birth.
- One (1) one-hour in-person postpartum visit at 4-8 weeks, your choice of one (1) service:
 - Assistance with birth celebration
 - Reiki for Mom & Baby
 - Guided meditation
 - Additional spiritual companionship session
 - Spirit card reading
- One (1) one-hour virtual spiritual companionship session at 6-8 weeks postpartum.

Spiritual Care Package \$1000

Worried about there being too many cooks in the kitchen? This package provides you with the same prenatal and postpartum holistic support as the Holistic Birth Experience, yet provides for more space during labor and delivery. This package is offered in conjunction with the FED Doulas Birth Experience and is not intended as a stand alone package.

- Three (3) one-hour virtual spiritual companionship sessions spaced out by trimester
- One (1) one-hour virtual prenatal visit to discuss ways to ritualize your pregnancy and celebrate the birth
- One (1) one-hour onsite prenatal visit, your choice of one (1) service:
 - Assistance with planned ritual
 - Pregnancy reiki
 - Guided meditation
 - Additional spiritual companionship session

- House clearing (negative energy removal)
- Values discernment
- Spirit card reading
- Reiki Crystal Grid activation throughout your pregnancy to support peace and calm
- Distance reiki and angelic prayer support during labor and birth.
 - Dedicated distance reiki and/or remote prayer support when you go into active labor that sends positive healing energy to you and your baby.
 - Reiki Crystal Grid reactivation throughout your labor and delivery to support a smooth and peaceful transition into this world.
 - Gratitude Ritual offered on your behalf upon birth notification.
- One (1) one-hour onsite postpartum visit at 4-8 weeks, your choice of one (1) service:
 - Assistance with birth celebration
 - Reiki for Mom & Baby
 - Guided meditation
 - Additional spiritual companioning session
 - Spirit card reading
- One (1) one-hour virtual spiritual companioning session at 6-8 weeks postpartum.

Add-On Holistic Services

Optional services to add to your birth experience to make it as amazing as possible.

Reiki

Reiki is a Japanese healing technique that involves a practitioner placing their hands on or near a clothed client's body to promote relaxation and reduce stress and anxiety. In-person and remote options.

- 30 minutes: \$35
- 60 minutes: \$70
- 90 minutes: \$105

Reverie Harp Sound Healing \$40/session

The Reverie Harp is a therapeutic instrument tuned to the pentatonic scale. According to studies, this musical scale induces the relaxation reflex in the body, promoting healing breath, and a reduction in pain. Consider Reverie Harp sessions to help with morning sickness and other pregnancy discomforts, as well as during labor, and postpartum to create a calm environment for bonding with baby. In-person only; 20-minutes.

Guided Meditation \$70

Meditation and mindfulness during pregnancy can bring several benefits to expecting mothers, according to research. These practices have been shown to relieve anxiety and stress, nurture development, improve sleep, aid bonding and connection, and help manage emotions. In-person and virtual options; one hour.

House Clearing \$145

A house clearing, also known as home energy cleansing, is a process that involves removing negative energy and setting a new intention for your home. Typically lasts one hour; in-person only.

Values Discernment \$125/hour

This fun and interesting process uses the beautifully illustrated “Live Your Values” card deck to help you identify your personal and family values as you welcome this new being into the world. Why is identifying values important at this time? Values help us focus on what’s important when making decisions, setting priorities, and creating a vision for your new future with Baby. 1-10 people; 1-2 hours; in-person only.

Spiritual Companionship/Chaplaincy \$80/hour

Are you hesitant about religion yet still feel a spiritual aspect to your life? Have you had bad experiences with clergy telling you what’s right and wrong for you? Do you want someone to talk to about things that others think are “weird” or call “juju”? A spiritual companion is someone who will walk with you on your path during this sacred moment. Krista will listen, ask reflective questions, and support you in being you without judgment.

And what if you have a religious affiliation, but your pastor doesn’t have time to make house calls or come to the birthing site? Krista has been prepared through clinical pastoral education and graduate pastoral ministry studies to support you in the ways you need regardless of religious denomination.

Reiki Training \$495/person

Would you like to be able to offer yourself and your baby the gift of energy healing? Krista is available to teach an Usui/Holy Fire III Reiki I/II class right in the comfort of your home! Consider inviting other family and friends to join in on the goodness. Both Placements (attunements) are given. All the information and techniques for both levels are covered including:

- The standard Reiki session hand positions.
- Giving a complete Reiki session for self and others.
- Japanese Reiki Techniques, as taught by Usui Sensei including:
 - Gassho meditation
 - Reiji-ho - developing your intuition
 - Byosen Scanning - detecting where Reiki is needed
 - Gyoshi ho - sending Reiki with the eyes
 - Kenyoku - dry bathing or clearing one's energy field.
- Hayashi Healing Guide.
- Using Reiki for specific conditions.
- The Reiki II symbols, how to use them including practice time.
- Using Reiki to heal unwanted habits.
- Distant healing.

- 190-page class manual.
- Class certificate.
- 1 year Reiki News Magazine subscription

The class is a combination of lecture, discussion and experience. Practice time includes giving and receiving a complete Reiki treatment using all the hand positions, the self-treatment, practice using all the level II symbols including distant healing, and practice using all the Japanese Reiki Techniques mentioned above.

Classes run from 9am-6:30pm each day for two days.

Mileage

Trips to locations further than 30 miles from Baraboo, Wisconsin will be charged mileage at the rate of .67/mile.