

# Doula Services

## Who I Am

I am a doula, yoga teacher, and somatic facilitator. I support individuals, parents, and families throughout conception, pregnancy, and the post-partum period, offering physical, emotional, and informational support.

My approach is somatic, trauma-informed, inclusive, and non-judgmental, based on listening to the body, slowing down, and respecting individual timing and needs.

## What is a Doula

A doula is a non-medical support professional who provides continuous presence, listening, and information during the transitions related to birth.

She works alongside healthcare professionals, without replacing them, creating a safe space where individuals can feel supported and accompanied.

## Doula Support

This support offers physical, emotional, and informational guidance throughout conception, pregnancy, birth, and post-partum. Each path is personalized: from preparation for birth and choosing the place of delivery, to support during the first months with the baby, and emotional support for parents and families. It is a gentle, experiential, and respectful accompaniment, designed to support step by step.



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## Areas of Focus

- Nervous system & self-care: self-regulation, stress management, working with fears and beliefs
- Birth preparation: stages of labor, roles and rights, choosing the place of birth
- Needs and communication: birth plan, dialogue with your partner
- Partner involvement: practical exercises and support during birth
- Post-partum: preparation, practical information, daily life organization

## Possible Elements of the Program

- Individual sessions (approximately 2 hours each)
- Audio recordings of Yoga Nidra and breathing practices
- Birth preparation exercises (for the birthing person and partner)
- Informational and reflection materials (handouts, exercises, rituals)
- WhatsApp availability for brief questions between sessions
- Individual live yoga sessions (recording available), adapted to this stage



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## How I Work

I work in a somatic, person-centered way, without rigid protocols. Each session is a space for listening, co-regulation, and clarity, created together while respecting boundaries, needs, and individual history.

## Introductory Call

You can book an introductory call to meet and see if this program is right for you. The call costs €20, which will be included in the package if we decide to continue working together.

Contact me—I look forward to hearing from you!

## Contatti

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Presence and care in the passages of birth.

