

the birth you've been  
daydreaming about.



doula /  
birth photographer /  
childbirth educator /  
certified body ready method<sup>®</sup> pro

A pregnant woman is lying in a bathtub, wearing a red bikini. Her hands are resting on her belly. The bathtub is filled with water and several flowers, including pink, yellow, and white roses. The background is a light blue wall.

holding space,  
capturing moments, and  
empowering women in north  
texas to trust birth again.

Now all glory to God, who is able, through his  
mighty power at work within us, to accomplish  
infinitely more than we might ask or think.  
Ephesians 3:20



I am so happy you found your way here.

I believe that birth isn't just a medical event.  
It's one of the most transformative experiences of  
your life. And somewhere along the way, we forgot  
that.

We were taught to hand it over.  
To disconnect.  
To trust the system more than our own bodies.

If you are here, you are probably looking for  
something different.


Deep down, you probably feel that birth is meant to  
be more than that.  
More supported.  
More intentional.  
More yours.

That's where a doula comes in.  
Not to take over.  
Not to replace your partner.  
But to remind you of what you're capable of and  
help you walk through it with confidence.

This packet is your gentle invitation to explore the  
possibility of a truly peaceful, sovereign birth.

Your birth story should feel like your own, not just  
something you go through.

Make it the birth you have daydreamed about.

 warmly,  
Lindsay

# meet lindsay



Hi! I am so happy you took the time to meet with me.

Here are some quick facts:

- Certified Labor Doula and Childbirth Educator
- Certified Body Ready Method® Pro
- Experienced Birth Photographer
- TENS for Doulas Certified
- Trained Herbalist from The Herbal Academy
- Mom Approved 2026
- Experience with VBAC, home birth, water birth, birth center birth, hospital birth
- Passion for unmedicated birth





## what type of services do I provide?

BIRTH SUPPORT, BIRTH PHOTOGRAPHY,  
CHILDBIRTH EDUCATION, BRM 1:1 ASSESSMENTS

# what does a doula do?

Doulas are uniquely trained to serve the family through pregnancy, labor, birth, and early postpartum. A well-trained doula knows when to offer physical support, words of encouragement, and suggestions. She also knows when to take a step back, when to hold space, and when to offer a prayer.

I offer hands-on support and teach you and your partner a variety of physical comfort measures to help manage labor pain with confidence and connection. From counterpressure to positioning techniques, you'll feel equipped and empowered every step of the way.

Throughout your birth experience, I provide continuous emotional support by offering encouragement, reassurance, and a calming presence to help ease fear, anxiety, and moments of doubt. My goal is to uplift and ground you as you move through the powerful transition of bringing your baby from womb to world.

I also provide evidence-based information on any topic you'd like to explore further, ensuring you're informed and confident in your choices.



# what support do I provide?

## PHYSICAL | EMOTIONAL | EDUCATIONAL

Think of me as your experienced, calm, and devoted birth companion. I believe deeply in your body's wisdom, your intuition, and your right to a birth experience that is filled with all the things you have daydreamed about.

Whether you're preparing for your first baby or welcoming your fourth, you deserve care that meets you exactly where you are.

My support is physical, emotional, and educational, and it is rooted entirely in the belief that your body is capable of birth.

Forget the overwhelm and the 'what-ifs.' My ultimate goal as your doula is to make sure you feel seen, heard, and deeply supported through every contraction, every breath, and every decision.



# childbirth education

This isn't your typical birth class.  
This is where fear gets replaced with understanding,  
where uncertainty turns into confidence,  
and where you begin to trust your body instead of question it.

Because the truth is,  
birth isn't something you need to be saved from.  
It's something you need to be prepared for.  
And preparation changes everything.

Inside Your Education Experience, We Cover:

## **Understanding Your Body & Birth**

- Pregnancy and birth anatomy
- The physiology of labor and birth hormones
- Stages and phases of labor (early, active, transition, pushing)
- The psychology of labor and how your mindset impacts your experience
- Fetal positioning and how baby moves through the body
- Cardinal movements of birth

## **Navigating Labor with Confidence**

- What labor actually looks like (and how long it can vary)
- Early labor vs. active labor and when to go to the hospital
- Working through contractions and understanding their purpose
- Natural and medical pain management options
- Comfort measures, movement, and labor positions
- What to do if labor stalls or slows

## **Advocacy & Informed Decision Making**

- Common birth terms and acronyms
- Informed consent and the BRAIN tool
- Roles of your birth team
- Common interventions and how to prevent unnecessary ones
- Choosing your birthplace (home, birth center, hospital)
- Birth preferences and how to communicate them

## **Preparing Your Body for Birth**

- Body readiness and core connection
- Movement, mobility, and body balancing
- Preparing in the final weeks of pregnancy
- “Can my body do this?”—breaking down that fear with truth

## **Support for Your Partner**

- Clear, practical ways to support you in labor
- Hands-on techniques and labor roles
- How to stay grounded during long or intense moments

## **Postpartum & Newborn Foundations**

- The golden hour and immediate postpartum
- What to expect physically and emotionally after birth
- The fourth trimester and adjusting to your new life
- Newborn basics, feeding, and safe sleep
- Postpartum recovery, support, and preparation

## **And More Practical Tools You'll Actually Use:**

- “Am I in labor?” and early labor cheat sheets
- What to pack and how to prepare your space
- Home birth preparation guidance
- Labor flow and positioning guides
- Postpartum planning checklists
- Simple, supportive recipes and recovery tips



DAYDREAM HOLISTIC  
BIRTH

# 1:1 body ready method<sup>®</sup> assessment

Pregnancy is one of the most physically demanding experiences a woman can go through, yet the modern world rarely gives us the tools to actually prepare for it. But, you don't have to accept aches and pains as an inevitable part of pregnancy.

We believe an empowered pregnancy should include specific education and support for mothers. This includes the core, pelvic floor, upper body mobility, pelvis and body alignment or movement pattern education. We believe that all pregnant mothers deserve to be offered positional and hands-on release work. We believe that these low-risk, easily accessible tools can encourage comfort and progress and that these tools can oftentimes eliminate the need for medical interventions that come with higher risk. The BRM Method can not only create greater satisfaction and empowerment in birth, it can also minimize childbirth-related injuries and encourage a smoother recovery and postpartum transition.

Body Ready Method<sup>®</sup> is based on 5 pillars: Upper Body Mobility, Core, Pelvis, Pelvic floor and Movement Patterns.



## incorporating these pillars into your movement during pregnancy can help you:

- Have a more efficient birth
- Minimize pregnancy aches and pains
- Optimize recovery
- Minimize unnecessary abdominal separation and pelvic floor dysfunction
- Optimize pelvic floor responsiveness
- Work smarter not harder!

## as a certified body ready method<sup>®</sup> pro...

- I have a deep understanding of how to help you prepare for your desired birth.
- I can help you address and minimize pregnancy related aches and pains
- I can support you in experiencing a smooth transition into recovery and postpartum.

## why work with a certified body ready method<sup>®</sup> pro?

Body Ready Method<sup>®</sup> professionals understand, deeply, how to support the pregnant body to find resilience, strength, and mobility. They are equipped to help you prepare for a more functional pregnancy and a more efficient birthing process. Moreover, these professionals are experts in pelvic mechanics and understand what to do during every stage of the birthing process to encourage progress and optimize balanced space in the pelvis and surrounding soft tissues.

# 1:1 body ready method<sup>®</sup> program

Are you more interested in an online platform to help you prepare for your birth and recovery? Check out the rich content available to support your pregnancy journey with the Body Ready Method's online program.

The BRM<sup>®</sup> programs aren't just workouts – they're proven gamechangers, significantly improving comfort during pregnancy, easing birth, and enhancing postpartum recovery.

As a doula and childbirth educator, I recommend BRM<sup>®</sup> programs because they help you:

- Ease pregnancy aches and pains
- Have a more efficient birth
- Minimize common birth injuries
- Heal properly after delivery

What makes BRM<sup>®</sup> exceptional:

- Evidence-based, cutting-edge techniques
- Programs for every stage (pregnancy, birth, recovery)
- Clear, step-by-step guidance
- Lifetime access to all materials and updates
- Support from a community of birth professionals

everything you need for your most  
comfortable pregnancy, easeful  
birth and smoothest recovery...  
without even leaving your house.



 SNEAK PEEK INTO BRM<sup>®</sup> PROGRAMS

## BRM® is different because it:

- Understands both the pregnant AND birthing body
- Creates a dynamic, functional body for birth
- Supports you through EVERY stage
- Provides clear, actionable guidance

## BRM® is perfect for you if you are:

- Looking to minimize pregnancy aches and pains
- Wanting to prepare intentionally for birth
- Seeking to avoid common birth injuries
- Planning for optimal postpartum recovery
- Ready to take control of what you can

### CHOOSE YOUR PATH, OR BUNDLE TO SAVE:

#### prenatal prep:

- Say goodbye to aches, pains and stress
- Get your body ready for an easier birth with targeted exercises
- Minimize (or avoid) pregnancy and birth injuries

#### birth prep:

- Practice the most effective birth positions
- Learn to open your pelvis on all 3 levels
- Practice hands-on techniques with your partner

#### postpartum recovery:

- Recover intentionally from Day 1
- Heal incontinence, scarring, tearing, prolapse and more
- Get back to what you love without doing damage



LEARN MORE HERE



## what packages do I offer?

BIRTH SUPPORT, BIRTH PHOTOGRAPHY,  
CHILDBIRTH EDUCATION, BRM 1:1 ASSESSMENTS

# DAYDREAMER

## doula support investment

\$1,500  
(payment plans available)

- 2 in-person prenatal visits that includes birth planning, what to expect, physical positioning, and comfort measures
- Open communication (phone or text) throughout pregnancy for ongoing support in your pregnancy
- On call after 37 weeks of pregnancy
- Labor and Birth Support
- Postpartum Support for 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)

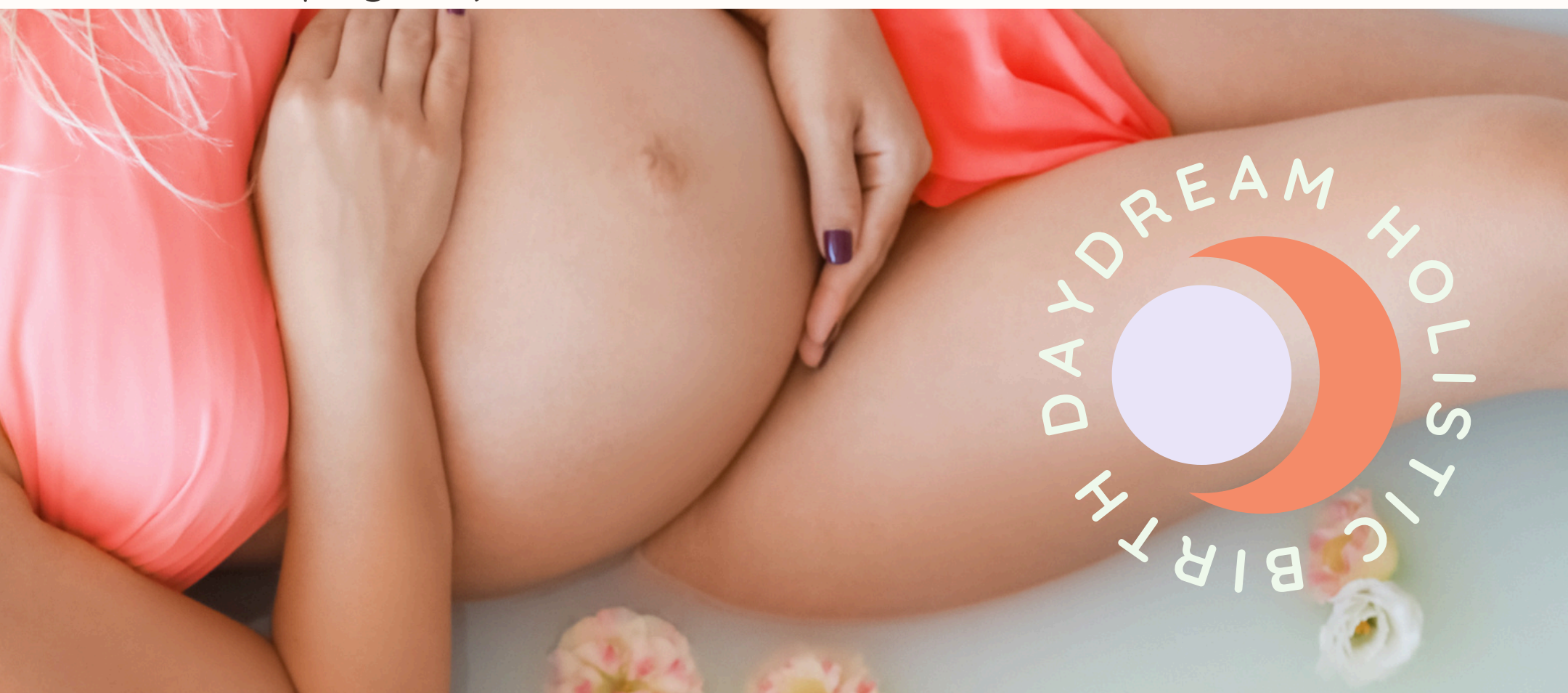


# D R E A M S T A T E

## doula support with photography investment

\$2,000  
(payment plans available)

- 2 in-person prenatal visits that include birth planning, what to expect, physical positioning, comfort measures, and a BRM 1:1 assessment
- Open communication (phone or text) throughout pregnancy for ongoing support in your pregnancy
- On call after 37 weeks of pregnancy
- Labor Support
- Postpartum Support up to 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)
- Birth Photography included (see birth photography on page 15)



# T H E D R E A M

## doula support + BRM<sup>®</sup> investment

\$2,500  
(payment plans available)

- 2 in-person prenatal visits that include birth planning, what to expect, physical positioning, comfort measures, and a BRM 1:1 assessment
- Open communication (phone or text) throughout pregnancy for ongoing support in your pregnancy
- On call after 37 weeks of pregnancy
- Labor Support
- Postpartum Support up to 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)



# birth photography (without doula support) investment

\$1,500 (doula services are an additional cost unless choosing the dreamstate package)  
(payment plans available)

- Virtual Meet & Greet
- On-call availability beginning at 37 weeks until baby arrives
- Unlimited coverage during active labor, birth, and up to 1-2 hours postpartum
- Discreet and unobtrusive presence to respect your birth space and preferences
- 40+ hand-edited, high-resolution images delivered in an online gallery
- Gentle focus on intimate moments: support, connection, first looks, and first breaths
- Images delivered within 2-3 weeks



# childbirth education investment

\$350

the more you prepare for birth, the better you will feel about the outcome, no matter what that may look like.

Learn more about how childbirth education can greatly benefit your pregnancy and birth by scanning the QR code below.



[WWW.DAYDREAMHOLISTICBIRTH.COM/CHILDBIRTHEDUCATION](http://WWW.DAYDREAMHOLISTICBIRTH.COM/CHILDBIRTHEDUCATION)

In Person at Kharis Midwifery in McKinney, TX

- 9am: Birth Preparation - 3-3.5h
- 12pm: Lunch - 30min
- 12:30: Body Preparation - 30-45min
- 1pm: Body Balancing Stretches - 30-45min
- 1:45pm: Labor Positions - 30-45min
- 2:30pm: Break - 15min
- 2:45pm: Postpartum Preparation - 2-2.5h





I would be honored to be part of your journey.

If you're ready to move ahead with care, I'd love to walk this path with you.

Let's book your care package and secure your spot on my calendar!

 warmly,  
Lindsay



## get in touch



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[daydreamholisticbirth.com](http://daydreamholisticbirth.com)



[@daydreamholisticbirth](https://www.instagram.com/daydreamholisticbirth)



scan to save me to your phone!