

hello
hello
hello



get to know doula lindsay



welcome

the birth you've been daydreaming about.

I am so happy you found your way here. At Daydream Holistic Birth, I believe birth is more than a moment. It's the most transformative experience of your life.

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.

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.

A pregnant woman is lying in a bathtub, wearing a bright red bikini. Her hands are resting on her belly. The bathtub is filled with water and several colorful 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

meet lindsay

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

Here are some quick facts:

- Certified Birth Restored Doula and Childbirth Educator
- Certified Doula CLD (DV) from DoulaVersity
- Certified Body Ready Method® Pro
- Experienced Birth Photographer
- TENS for Doulas Certified
- Certified Herbalist from The Herbal Academy
- Experience with VBAC, home birth, water birth, birth center birth, hospital birth



DOULA
VERSITY
INTERNATIONAL



DFW
child
MOM
APPROVED
2026

what support do I provide?

PHYSICAL | EMOTIONAL | INFORMATIONAL

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.



1:1 body ready method[®] 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[®] 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[®] 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[®] pro?

Body Ready Method[®] 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.

doula support investment

\$1,400
(payment plans available)

T H E D A Y D R E A M E R

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



doula support investment

\$1,600
(payment plans available)

D R E A M S T A T E

- 1 90-minute in-person prenatal visit that includes birth planning, physical positioning, 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 for 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)



doula support investment

\$2,000

(payment plans available)

T H E D R E A M

- 1 90-minute in-person prenatal visit that includes birth planning, physical positioning, and a BRM 1:1 assessment
- 2 45-minute continued BRM sessions
- Open communication (phone or text) throughout pregnancy for ongoing support in your pregnancy
- On call after 37 weeks of pregnancy
- Labor Support
- Postpartum Support for 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)



doula support investment

\$3,000

(payment plans available)

T H E D R E A M +

- 1 90-minute in-person prenatal visit that includes birth planning, physical positioning, and a BRM 1:1 assessment
- 2 45-minute continued BRM sessions
- Open communication (phone or text) throughout pregnancy for ongoing support in your pregnancy
- On call after 37 weeks of pregnancy
- Labor Support
- Postpartum Support for 2 hours
- 1 postpartum visit (virtual or in-person)
- Local resources to set you up for success (if needed)
- Birth Photography (see next page)



birth photography only investment

\$1,500 (doula services are an additional cost)
(payment plans available)

- 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
- 2026 INCLUDES A FREE MINI VIDEO!





get in touch



info@daydreamholisticbirth.com



daydreamholisticbirth.com



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



scan to save me to your phone!



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