



Schedule prenatal/postnatal massage, yoga therapy, watsu, private class, or Doula Consultation at www.summergreenlees.com

April Newman, LMT

- Maternity Massage
- Aquatic Bodywork
- Doula
- Postpartum Massage Doula
- Hatha Yoga

Summer Greenlees, LMT

- Maternity Yoga & Massage Therapy
- Watsu & Spa services
- Birth Doula Services
- Labor Massage Instruction
- Infant Massage Instruction

Hallie Butler, RN

- Labor & Delivery Nurse
- Postpartum Doula Support
- Breastfeeding Educator
- Placenta Encapsulation
- Childbirth Education

Monthly Childbirth Preparation with Partner \$80 per couple. Classes are forming monthly based on demand and due dates, contact Hallie@bellamommie.com to register.

- **Part one** is an in depth childbirth Preparation class with perspectives from experienced Labor and Delivery Nurse and Doula
- **Part two** is a Labor Massage class incorporating stress relieving and pain reducing tools from yoga and massage therapy to empower birth partners with useful skills for birth.



- **What you will learn from the perspective of experienced Nurse and Doula;**
 - What to expect for the overview of Labor and Delivery
 - How to prepare yourself and your birth partner for your best possible positive and loving birth experience.
 - Hands on tools for couples from yoga, massage, breathing techniques, visualization, aromatherapy and more that help you to reduce stress and pain during labor.
 - An understanding of the physiology of birth, the role of stress during labor, and how to reduce stress as much as possible.

Monthly Infant Massage Classes \$30 per family. Schedule based on interest, contact Summer@bellamommie.com to register.

Infant Massage has many benefits for babies and parents as well. Among the many benefits for babies are improved sleep, digestion, bonding, stress relief, and brain and nervous system developmental support. For parents, Infant Massage also reduces stress and improves bonding and communication skills with baby.

**BellaMommie Maternity services offered at
the Private Massage and Watsu practice of Summer Greenlees
SOL COMMUNITY HEALING AND WELLNESS CENTER
13805 Ann Place Rd. Austin • 512-944-9924 • summergreenlees.com**