

# The Yoga Harbor

*Good things take time. Welcome. Take all the time you need.*



*The goal of my services is to harbor your family so you can focus on actualizing your vision for yourself as a mother.*

# Services

## Scope of Services

The services provided will be non-medical. I will assist you with Ayurvedic healing, recovery and self-care measures; including:

- Ayurvedic freshly prepared, individualized meals
- Individualized use of herbs (included in foods, teas, etc.)
- Support in gentle household routines which ensure the recovery of mother
- Emotional and physical recovery post labor through yoga practices
- Assisting with care of baby so that you, the mother may rest
- Breastfeeding support
- Support with baby wearing
- Household organization (grocery shopping, laundry, tidying and dish washing)
- Unlimited/ongoing phone and email support
- Private yoga, meditation, and Ayurvedic bodywork sessions with each visit

## Philosophy / Approach

My approach matters little compared to yours. I'm here to listen, offer expertise where appropriate, and support you on realizing your vision for motherhood. My philosophy is heavily colored by yoga practice, which has included extended periods of silence and meditation. To me, slow living and meditation are keys to a fulfilling, healthy life.

In the first 42 days after birth, slow living must include proper self care, nutrition, rest and meditation. I'm here to provide for your needs in these areas so you may enter motherhood with as much balance as possible.

# Resume

Since 2009, Bethany has operated boutique yoga studios. In every role, Bethany trained and mentored teachers, developed ethical and healthy business practices, and elevated the student experience.

In 2017, she opened an independent studio under her own management. The Yoga Harbor was the first boutique studio in Torrance, California. Through the COVID-19 crisis, Bethany recognized her love for her work was in the actual teaching and practicing of yoga, specifically working with busy families to simplify life.

**Bethany has returned to the heart of yoga's truest work: sitting beside those walking a path toward union.** There is no more important time to do this than with a new mother. Bethany's highest calling is in "mothering the mother" through Ayurvedic Post Partum Doula care in the first 42 days of after birth.

Bethany is mother and primary caregiver to a 5-year-old and 4-year-old daughter, whom she raises in a blended pedagogy of **attachment parenting, child-led growth and gentle/respectful parenting philosophies.**

## Experience

- Ayurvedic Post Partum Doula with specialty in the yogic path postpartum
- Private Yoga & Meditation Instructor with specialty in stress management for mothers
- Studio Owner & Manager, The Yoga Harbor, Torrance, CA
- Lead Yoga Teacher, Namaste Highland Park, Highland Park, CA

## Training & Credentials

Bethany has invested over 1,000 hours in training and over a decade teaching. She's learned from yoga's greatest teachers and blends their work into something functional and practical for those seeking a more restful, authentic life.

- Applied Polyvagal Theory in Yoga, Polyvagal Institute (2022)
- Polyvagal Theory: Principles and Practice for Individuals, Polyvagal Institute (2022)
- Certified Lactation Educator, BreastfeedLA (2021)

- Ayurvedic Post Partum Doula, Ayurvedic Mamas (2021)
- Treat While You Train®, The Roll Model Method (2020)
- Yoga for Preschoolers and Children with Special Needs, Yoga In My School (2020)
- Mindfulness Based Stress Reduction “MBSR,” InsightLA (2016)
- Props & Supported Poses with Noah Maze (2016)
- The Progression of Action in Backbends with Marla Apt (2015)
- Meditation & Yoga for Transforming Trauma, Kripalu Center for Yoga & Health (2014)
- Alignment, Refinement & Adjustments with Mukti Yoga School (2012)
- 500-hour ERYT, Mukti Yoga School (2009)
- B.S. in History, Writing, Washington University in St. Louis (2006)

CPR / Infant CPR Certified

Current liability insurance

Fully inoculated (including up-to-date influenza & COVID vaccines)

# Rates

## **Body Care Session, \$400 week 1, -450 thereafter:**

- Menu designed to provide proper nutrition for breakfast, lunch, and 2 snacks per day for approximately 4 days
- 75 minute visit made up of:
  - 60-minute session of Yoga, meditation, and Ayurvedic bodywork
  - 15 minutes of care for home & mother, misc. needs and support may include light housework, errands, lactation visit, baby wearing support, belly wrapping
- Does not require contract
- No guarantee is made for service availability week-to-week outside of a contract
- Recommended 1-3 times a week for the first 6 weeks

## **Yoga & Bodywork Only, \$175 per session / \$750 for 5:**

- 60-minute session of Yoga, meditation, and Ayurvedic bodywork
- Recommended 1-3 times a week for the first 6 weeks

## **Food delivery only, \$300 week 1 / \$350 thereafter:**

- Menu designed to provide proper nutrition for breakfast, lunch, and 2 snacks per day for approximately 4 days
- No home visit
- Recommended 1-3 times a week for the first 6 weeks

# Extended contracts:

## **Holistic Care Contract: 6 week contract, single individual, one visit per week**

- \$2,000 for 6-weeks
- includes one home healing session + meal delivery each week
- includes ongoing phone / email support starting at 38 weeks
- attendance at OB follow up appointment if desired

- Enrollment includes 6 weeks of service. Week 1 is each participant's individual delivery date.
- Enrollment is limited to 6 mothers in a given two-month timeframe
- Contract required for enrollment
- Meals delivered to mother's home in glass storage containers with heating instructions
- Weekly menu will be set based on seasonal ingredients, woman's individual needs, and what's brewing in the kitchen. All ingredients are organic, high-vibration foods, made in a loving kitchen, all from scratch in cast-iron cookware, with scraps composted to live gently with the Earth.