



# BODY by MARY

PERSONAL TRAINING, PILATES, AND DOULA SERVICES

## Doula Services - \$800:

Fee includes:

- 4 1-hour prenatal visits
- Birth
- 2 postpartum visits

A deposit of \$300 is due after initial visit, with the remaining balance due either after the birth or at first postpartum visit (day or two after birth). In the (very rare) event that I am unavailable or at another birth, my back-up doula will be there to help you. I am always available for phone calls/e-mails if you have any questions or concerns.

I truly honor the process of birth and all the energy that surrounds it. I'm also extremely honored for being chosen by the family to take part of this very special event. As a doula I promise and commit myself to help in anyway I can. However, it is important for everyone to understand that I am not a doctor or LM (Licensed Midwife) and I do not have the right or responsibility to provide medical care to mother/baby, or to make important decisions about the birth. It is the responsibility of the parents to make informed decisions about their birth after consulting with medical staff/midwife. I can offer suggestions, but the sole decision lies with the family. It is not my role to tell any medical staff what to do, even more so, I can be removed from the birthing area if I were to do this. I offer care and support for the pregnant mother and her family only.

Signed: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Dated: \_\_\_ / \_\_\_ / \_\_\_\_\_

Mary Hohlman  
Personal Training, Pilates & Doula Services