

# Midwifery Inner Journey

## *The Rituals and Ceremonies of a Home Birth*

Following the Midwifery Model of care, I place intentions that my practice is heart centered. My vision is to provide the type of care that inspires families to transform and grow during our time together. Our appointments are curated for you to relax, connect and process your journey, explore your default patterns, invite shifts and new habits, share your questions and concerns, and receive my loving care. I have been facilitating Therapeutic Somatic Breathwork for over 10 years and have been working with the Sacred Fabric of Rebozo or Mantas for 5 years. I am delighted to share this practice with my pregnant clients.

- After your on-boarding meeting with my assistant, you will receive your complementary Prenatal Self-Care Botanical Bundle with three of my favorite prenatal products at your initial appointment.
- Individualized prenatal care according to the ACOG schedule.
- (10) ten of your prenatal appointments are curated to include Breathwork and/or Rebozo work. These appointments are 1 1/2 hrs long and are intended to go deep in your parenting journey. I have developed, over many years of experience, a beautiful self-growth journey to help you prepare emotionally and spiritually for parenting. My vision is for you to use our time together to do your inner exploration.
- All your labs will be charged to your insurance (after you meet your deductible for the year). If you are uninsured, I will cover the basic obstetrical labs, and If your process requires extra specific labs, you will get my practitioner discount plus a 15% processing fee.
- Nutrition assessment and written feedback.

- Botanicals for optimal nutrition will be part of your process as well as allies for any health conditions. You will receive written feedback after a botanical recommendation and 20% discount in all my products.
- Referrals for necessary ultrasounds and/or physician consultations. (Fees for this practitioners/procedures are not included in your financial Agreement)
- Childbirth Education for home birth included and highly recommended for first time parents.
- “Grandmothers, Aunties, Partners, and Friends as the Real Postpartum Care Team”, for you and your family included in your package for you and your partner. 25% discount for your family and friends.
- Sacred Monthly Corazón Adentro Community Circles are included.
- Birthing pool available per request. (Liner is not included)
- I will be on call for your birth for the healthy 5 weeks window of your journey (37-42 WGA).
- 36 weeks at home visit in preparation for your birth.
- You will receive your Postpartum Self-Care Botanical Bundle with three of my favorite postpartum products and a Semi fermented beverage from Venezuela that supports digestion, milk production, and the Nervous System. I can also support you researching/making your own fermented beverage from your own traditions.
- I will come to your birth with another Midwife who will assist me. I mostly work with the collaboration of Stephanie Berry, LM, but occasionally I might need the assistance of another Midwife if Stephanie is unavailable . Stephanie might also do some of your prenatal visits in case I am taking some time off.
- At home Postpartum Care until 6 weeks postpartum for you and your baby. Each of your PP Appointments are a time for you to receive a ritualistic bath, belly binding, light breath work, womb oil application, placenta ritual, and/or Rebozo work. These are 2-3 hrs sessions.
- I will fill out your baby’s Birth Certificate.
- Placenta ceremony or teachings on how to honor her within your own traditions and knowledge.

- Closing Ceremony after your 6 weeks appointment. This is an essential ritual to ground the mother and support her nervous system. It is a beautiful way to honored your transition as your first 40 days are now over. I will warm your body with a spiritual bath with warming herbs from my Apothecary. You will receive a gentle luxurious oil application that brings restoration to your womb space. This sacred ceremony is supported by your altar and with the grounding love of Cacao. (4-5 hrs).Student Midwives might be a part of your care team.
- Access to my Fullscript dispensary and 20% discount for all their products.

## *Your Investment*

Your financial agreement will be signed before you start care. You can choose your payment plan and where you are in the Sliding Scale

**\$7,400 - \$8,500**



# A Heart Centered Midwifery Practice

Virginia Wittebort, LM

I have chosen the path of traditional Parteria (Midwifery) from a place of profound devotion to my purpose and the ancestral practices I carry through the legacy of Midwifery from my maternal lineage; my grandmother was a community Partera and a nurse in our Andean homeland in the 1940's and 50's. These practices have been sustaining humanity for millenia and I walk with purpose and meaning doing the work of a traditional healer or Partera. One of my biggest passions and focus for these ancestral practices is holding the vision of a world where families are once again held in reverence through the process of pregnancy, childbirth/adoption and postpartum life.

I relate to Midwifery in a traditional way, to me that means the following: I hold the vision that Midwives/Parteras are considered healers in their communities, licensed or not licensed. I choose the route of Licensing, knowing well that a license does not make me a Midwife, rather it provides me with a smoother way of practicing my art in the Austin Community.

In order for me to fulfill the ancestral expectations of being a Healer for my community, for many years I have committed myself to learning from plants and practicing in reciprocity with them. I am a Clinical Herbalist or Yerbera specialized in women's health. In this long journey I have also deepened my sensitivity to the way human beings process trauma and difficulties, as well as the way these processes relate to their spiritual life. I have practiced therapeutic Somatic Breathwork for my own healing for over 20 years and have been facilitating for others for more than a decade. These healing modalities are not separate from being a Midwife, as they are a part of ancient traditional practices. They have integrated themselves in my being and have really solidified my trust in the bodies' innate capacity to move us through sacred thresholds in harmony and with as much ease as possible.

In addition to my commitment to ancestral ways, I am also a lover of science. I have completed the Women's Functional and Integrative Medicine Professional Training with Dr. Aviva Romm and although I will not be licensed to practice what we NOW know as medicine, this knowledge nourishes the wisdom of my Midwifery practice. I merge ancient technologies with today's science in a way that is relevant and culturally aligned with the families I support.

# Closing Ceremony

I carry the medicine of traditional Cerradas and Rebozo body work with reverence and respect for my elders and teachers on the Red Road (indigenous path of the heart) who have shared their wisdom with me. In addition to its benefits in postpartum, Rebozo Cerradas (Closing Rebozo Ritual) are a potent way to do somatic work to process trauma and for nervous system regulation. The Traditional Cerrada is a ritual performed in many cultures using the fabric or textile typical to that culture, some people know this ritual as Cerrada de Caderas. I don't call it by that name because it implies that I will manipulate bones, and that is not what I will be doing as I am not a chiropractor or huesera. Instead, the purpose of this beautiful ceremony is to help the mother integrate the experience of birth, close the spiritual work that was started when the person became pregnant and support the nervous system of the new mother.



I blend my passions to help people embrace parenting/motherhood through prolonged postnatal health coaching, education, and circle sharings in the community. I vision women and families connecting to parenting with the consciousness of knowing that what they are doing, is the most sacred job there is. I am passionate about creating sustainability for families to honor the postnatal period as a process that, in my opinion, lasts approximately seven years. This is a period where the physical, emotional and spiritual health of the caregivers grows and flourishes when they are well nourished and supported. I love helping women recover their vitality and regulate their nervous system after the birth or adoption of their child, regardless of how much time has passed.

My personal desire and commitment is to contribute to a paradigm shift regarding postpartum life in North America. That is why I became involved with Reproductive Justice when I started my Midwifery education in 2003. I hold a vision of a reality where parents are cared for by a community that understands that the sacred work of parenting demands a tremendous outflow of physical, emotional, and spiritual energy and places parents doing this work as the most valuable contributors of the community. In this reality, we provide families with enough paid time off to fully recover from the demands of childbearing and the community enjoys being at service to the family in a meaningful way. Here we welcome babies into the world with a deep understanding of their need for attachment to their parents. As a midwife, I am honored to be joining your community.



# Frequently Asked Questions

## 1. WHAT TO EXPECT

During our time together I am open to sharing tools and knowledge as an invitation for you to make your own decisions from a place of intuition and confidence. We participate in shared decision making, therefore, honesty and integrity are essential amongst all of us. The key to all educational aspects of care are founded upon the Informed Choice or Refusal of the client. This means that you understand to the best of your abilities the benefits and risks of each remedy, action, that may be recommended by the State of Texas, by a referring practitioner or myself. I strongly encourage clients to take an active role in learning about and understanding their healthcare options. I do not consider myself to be a gatekeeper of knowledge, but instead share knowledge so that families can make decisions from a place of intuition and confidence.

In our appointments, we will track the hallmarks of normal pregnancy progression and I recommend a variety of holistic options to balance or reduce any discomforts that may arise along the way. I strive to provide compassionate, empathetic, and personalized care to each one of my clients. We can address concerns or topics you would like to explore, in addition to the clinical aspects of your care.

I offer 45 min long individual prenatal visits which I deeply consider a sacred time between Midwife and Mother. I also offer group prenatal with the Village Midwifery Care Package. We will use these encounters to go deeper into the emotional work of pregnancy along with all the clinical aspects of your care.

It is important for me to devote our time together to helping you prepare for a joyful and transformational pregnancy and birth experience. Every part of what I do is intentional and provides you with opportunities for deep exploration, and meaning on your journey.

My clients have the opportunity to choose packages according to their needs and wants. They can add the following according to the package they choose:

- **Breathwork healing:** sessions are designed for you to connect deeply to your process, explore hidden beliefs, heal fears or trauma associated with giving birth or being born yourself. I hold space with intention for this time to be rooted in your spiritual practice, and/or contemplation of what this sacred journey brings to you and your family constellation.
- **Postpartum Rituals:** Postpartum Midwife visits are 2 1/2 hr long when you are receiving the rituals. This time is for you to receive body work with the Rebozo, Traditional Womb Care, Spiritual Bath, Light Breathwork, and/or receive cacao beverage for your strength and milk production.
- **Postpartum fermented beverage for your digestion and milk production:** This is a beverage called Mistela that is a traditional drink for postpartum Mamas in the Andes of Venezuela where I am from. If you would like something relevant to your culture I will support the exploration and preparation of your traditional drinks prenatally.

- **Extra postpartum care in the first 6 weeks:** you will be visited by a postpartum companion on the 21st, 28th, and 35th day. Your assigned companion will give you 2-3 hrs of care. She can cook a meal, help you reset your nervous system, help you process your emotions, and just be a warm presence for you and baby to take some time to be held.
- **Birth companion (Doula):** Your Birth Companion will come to meet you in one of your prenatal visits with the Midwife. She will be available for a 30 minute phone conversation if you have any more questions about her presence and support at your birth. She will join you at your birth whenever you are ready for her and stay a couple of hours in your immediate postpartum to help you with a meal for you and your family. This person is trained as a Birth Companion (Doula) and has extensive experience at supporting families during these beautiful times. She is also a very sweet care provider.
- **Closing Ceremony:** This ritual is done in beauty and reverence for the right of passage the mama and baby just went through. It is a calming experience that supports the nervous system of the person. It is a 3-5 hrs ritual where we will partner with the four elements, share cacao beverage for strength and openness of heart as well as supporting your milk production. It is given to the postpartum person to close the energy that is poured out at birth. It supports the nervous system and provides the grounding feeling that is so needed after the birth of a child.
- You can also add an extended Postpartum Coaching Package
- **Corazón Adentro Circles for Pregnancy, Postpartum, and Beyond:** ALL my clients have access to our community building circles. These gathering are heart centered for participants to connect to the journey in a deep way. This is my contribution to the intensional work of creating transformation during this phase of life. Circles include a variety of activities that are deep, fun, educational, and loving. In the past, we have offered herbalism, movement, breathwork, art therapy, acupuncture, bodywork, rebozo work, etc. It is very important for parents to have a community that supports them and is a source of wisdom as they rise their children. As a mother of two I understand how crucial it is to have like minded people surrounding us through our parenting journey.

## *Postpartum Loving Care*



An important part of my practice is my uncompromising commitment to nurturing parents in their postpartum by honoring the ways of traditional midwifery. I believe that for a mother's optimal well-being, she needs to be cared for at home in the first 40 days after giving birth. This means I come to you for your postpartum follow-ups until you are able to come to me at your 40 days final postpartum visit.



Every person giving birth must choose a birth setting and support team that feels best for them. Homebirths allow for more body autonomy and control over the environment. Any interventions done in the home setting are done respectfully, only when necessary, and only after receiving your fully informed consent. As a Midwife I specialize in normal pregnancy and birth. Most obstetrical complications are not emergencies and are often predictable beforehand; I am trained to handle many of these situations at home. However, there are times to call in a professional in another specialty. This can look like consultations with physicians or naturopathic doctors about a specific concern, or it may occasionally entail co-care with another provider because an out-of-hospital birth may not be the safest choice for you and baby. In the case of an unexpected hospital transport or birth, a Midwife will go with you to provide support, information, and continuity of care. Together, we can avoid most complications when the pregnant person maintains a healthy lifestyle, along with receiving prenatal care. There are specific responsibilities that we must fulfill in order to enhance the likelihood of a safe and satisfying birth experience.

I am currently holding a solo practice and have a Midwife collaborator who has her own practice, [Stephanie Berry, LM](#). We are both holding the intension of making our practices more sustainable for our health and our families. She might be doing some of your appointments when I take time off. Also, if you come into my care **knowing** that I might be absent around the time you will give birth, Stephanie Berry will be the back up Midwife.

## **2. What happens if there is an emergency?**

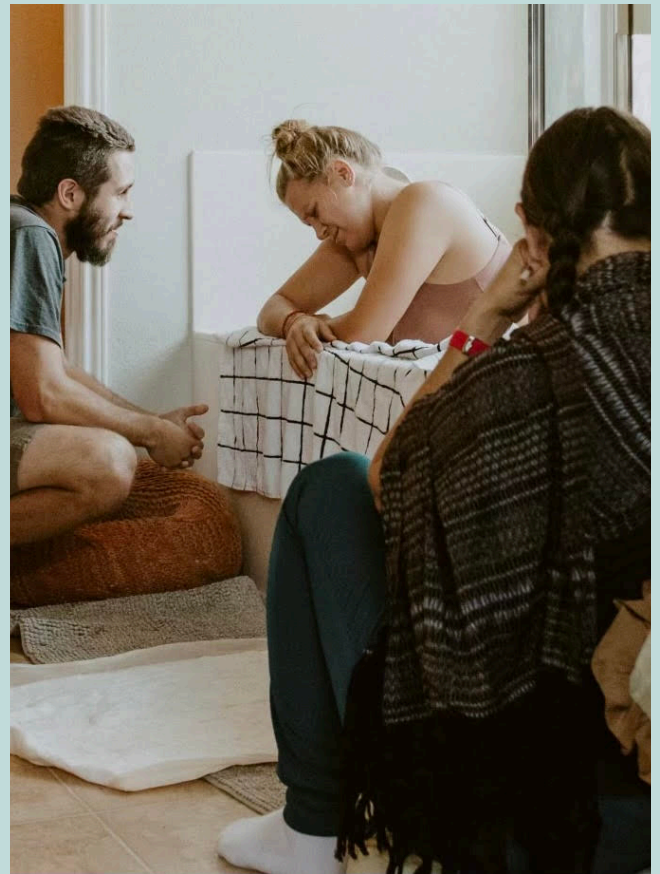
It is helpful to know that generally transfer rates are low when clients are having low-risk pregnancies. My training allows me to identify risk factors and transfer to the hospital before complications become true emergencies. It is rare that we will transfer in with a true emergency. I attend births with a team of 2 Midwives, and we are equipped with medications such as pitocin, IV fluids, oxygen, lidocaine, and resuscitation equipment that allows us to manage some complications at home. As a midwife in the state of Texas we are also train and re-certify in Neonatal Resuscitation and CPR every 2 years. Additionally, we participate in skills practice at regular intervals to keep our emergency skills fresh in the rare occasions we are required to perform them.

During your prenatal care we discuss scenarios for when a transfer to the hospital might be needed and what happens during a transfer. When possible we will transfer to Texas Children North to the care of their physicians or St. Davis North to the care of the Midwives Center. I have have been building relationships with our local hospitals and this allows us to facilitate a smooth transition from home to hospital when needed...



### 3. Do you offer waterbirth?

Yes, I do. Water birth is a safe and gentle way to welcome your baby into the world. Babies do not breathe underwater when they are born, instead they receive oxygen via their umbilical cord. Many mothers experience great relief when they enter a warm tub. We bring a birthing tub to every birth and you will have the option to labor and give birth in it. I have specialized waterbirth training from the foremost authority and pioneer of waterbirth research and education, Barbara Harper. I am committed to keep up to date with her wisdom and train as many times as possible through this amazing ways. For more information about waterbirth click [here](#). You will need to order a kit for the use of my pool.



### 4. Do you offer VBAC?

(vaginal birth after cesarean)

Yes, I do. We know that vaginal birth after a cesarean, in most cases, is a safer option than a repeat cesarean section.

We will discuss any risk factors in your current pregnancy, and risks vs benefits of a vaginal birth after cesarean for you. A comprehensive source of evidence-based information regarding VBAC can be found at: About [VBAC](#).

### 5. Do you take insurance?

I am out-of-network with insurance plans. Please check with your insurance if there will be a chance to send them a claim.

### 6. What are your fees and payment plans?

I offer sliding scale fees for ALL my services. Also my families receive the benefit of payment plans that can be extended all the way to 6 weeks postpartum. There are three different care packages to choose from and the fees range from \$4,700- \$7,900 at the low end of the scale and \$5,400-\$11,900 at the high end of the sliding scale. I really appreciate the generosity of the families that can afford to pay the full scale price as this allows me to care for the under served families in Austin. The crisis in Maternal Health deserts and the racial disparities in the outcomes are very present in Austin.

**7. Is there a way I can contribute to the prenatal care of a POC ?:**

Yes, although I am not a Non-Profit organization, you can still donate some money for that purpose. I ask that you please add a note to your payment stating that. I will make sure that it goes to a person in need. [Venmo](#)

**8. How can I schedule a consultation with you?**

If you are ready to meet with me over Zoom to talk about how I can support you in having a joyful and transformative pregnancy and birth experience, you can schedule our meeting via my [Calendly](#)

**9. How can I schedule an Initial Prenatal Appointment with you ?**

After reading this in detail most people already know if they want to come on board. You can schedule an 20 min on-boarding appointment in this [link](#).

*I am Honored to Serve my Community*

*Virginia Wittebort*