



Extended Postpartum Support

Licensed Midwife, Herbalist, and Breath Work Facilitator Virginia Wittebort

The demands of parenting can be staggering and self-care can become a real challenge. Because I know of those challenges first hand as a mother, Midwife, and Herbalist, I have curated a package for you to receive my loving support months after your pregnancy. I am committed to help women avoid postpartum depletion and the associated feelings of overwhelmed emotions. I hold a vision of women entering subsequent pregnancy strong and healthy. I want my clients to get back to work, should they choose, radiant and with healthy sustainable habits for years to come

What is Included:

- (3) three 45 minutes nutrition and botanical assessments and written feedback to achieve optimal nourishment. 15 minute zoom follow up for each appointment.
- Support with your family planning.
- Mini-workshop for Fertility Awareness Method included.
- (3) Breathwork sessions to process the demands of parenting.
- (4) 15 minutes call consultation parenting/infant care/self-care/ other follow up.
- Mini workshop for creating healthy and sustainable rhythms at home included.
- Free access to Corazón Adentro Circles for Pregnancy Postpartum and beyond circles.
- Mini workshops will be offered through the Corazón Adentro Circles. It will be announce through social media and your portal. It is op to you to join us.
- Your membership will be charged to your account monthly X 6 months. However, you will have 18 months to use the services.
- Access to my monthly articles with recipes and postpartum tips and blog (coming up soon)

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This is a membership option only available for families who want extended postpartum support for up to 24 months.

Your membership will be paid in 6 months.

You can use the services up to 24 months postpartum.

No refunds will be issued due to you **failing to requesting service** through your appointment links.

Your **appointment links** will be **available in a welcome letter we will send to you via e-mail**. Please make sure you save the email and refer to it as needed.

\$250 per month X 6 months

Your financial agreement will be signed before you start care.

Your will be set to an automatic monthly withdraw form your credit card or bank account.

To establish membership please send an email to partera@virginiawittebort.com