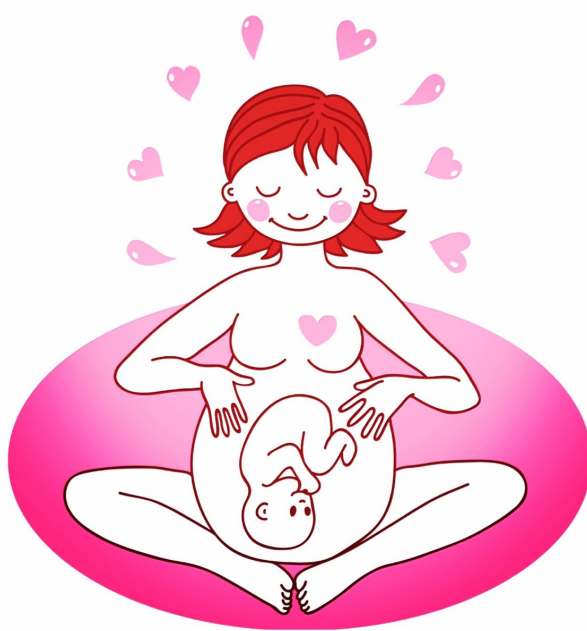


Ripple Effect



#theripplemama

Welcome to Ripple Effect.

Services offered:

- Doula support - Antenatal, Birth & Postpartum
- Pregnancy yoga
- Postpartum reconnection
- Baby massage & yoga
- Hypnobirthing
- Birth Preparation
- Birth Pool Hire
- Postpartum services / resources



Anneka de Korte recommends Ripple Effect Yoga.

22 October 2018 · 🌐

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One of the best decisions I made whilst pregnant was to take Claire's pregnancy yoga classes. I was fairly familiar with ashtanga yoga but had a problem with my pelvis which made me seek out something purely for pregnancy. These classes were much calmer and helped me connect with my core. Claire is very knowledgeable and was able to suggest wrapping techniques to keep my pelvis stable as well as breathing techniques to use during labour. Classes are intimate meaning you get the attention you need with exercises easy to replicate at home tailored to your needs. I have no doubt that it's only because of Claire that I had such a simple and straight forward birth.

I also took the well woman happy baby classes which again are intimate and pretty much tailored to your needs. This is so much better than doing a larger class where there are so many babies all with different needs. The baby massage is so great! My little boy loved it and was always sleepy and relaxed after class. The gentle yoga techniques also helped get me back in shape following birth as well as being a really social chatty class with like minded people.

Thanks Claire.



Rachel White recommends Ripple Effect Yoga.

21 May 2019 · 🌐

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A fabulous lady, true heart of gold. I was a manic work-a-holic, 14 weeks pregnant when I first went to Claire's pre-natal yoga class. @ first it was a massive shock, a whole new pace I wasn't used to, but it became an absolutely essential 2 hours where I could relax, learn & listen to others, a truly essential part of what was a happy & healthy pregnancy, which led to an empowering & natural homebirth. Can't recommend enough 💖

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ABOUT CLAIRE

I support couples in Northamptonshire and the surrounding counties. I firmly believe that every woman can have a magical and beautiful birth experience. As a birth & postnatal doula, I work with mothers and their partners providing support, information and empowerment before, during and after labour and birth. I have been a Birth Doula since 2005 and a Postnatal Doula since 2010.

My journey began when I had our first child, the passion surfaced when I was training at LCM and then the perfect opportunity to journey with Dr Michel Odent and Lilianna Lammars (Paramana Doula). Over the last 20 years my knowledge, understanding & experience has grown & developed.

I am an experienced doula who has supported couples who have chosen to birth at home, those who have preferred to birth in hospital including breech birth. I have supported couples planning to VBAC and those who have chosen to have elective cesarean sections. I have supported over twelve hundred families and had the honour & privilege to be present with those families who have chosen to have a doula to support them during their pregnancy, labour, birth & their postpartum journeys.

I teach from my bespoke studio “The Space” based in Northampton and also offer Rebozo workshops and Cerrada (also known as Closing of the Bones). I offer support in the postpartum for supporting, nourishing & nurturing you so that you have a calm, relaxed start to motherhood.

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I am a qualified massage practitioner for pregnancy, labour and baby massage & development. I believe that every woman should have access to a Doula should she want one, and will assist clients on low incomes via instalments. I abide by a Code of Practice and I am insured by BGi UK & have an Enhanced Disclosure & Barring Service certificate.



Lauren Costello recommends **Ripple Effect Yoga**.

22 April 2019 · 🌐

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I did pregnancy yoga with Claire with my second daughter, I'd had an emergency c-section with my first and was determined to stay relaxed and moving in my second pregnancy. Claire's classes were fab, and an amazing opportunity for me time without running around after a toddler and a great opportunity to clear my mind about my first labour enabling me to have a natural birth the second time where I was able to use a whole toolbox to keep baby in the right position and stay calm whilst labouring. Claire's classes aren't just 'yoga', they really are so much more and really help you during labour. Thank you Claire!! Xx



Laura Asbury recommends **Ripple Effect Yoga**.

19 February 2018 · 🌐

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As a recently qualified Pregnancy Yoga teacher, I had the pleasure and privilege of observing one of Claire's classes. Wow! I was inspired. Claire's sessions are a gift to all pregnant women looking for the perfect balance of yoga, breathing, information and some sisterly wisdom!

Claire is a beautiful person and welcomed me into her class with kindness and warmth. It's not every day you get to soak up the knowledge from someone as experienced as Claire. I think I scribbled a million notes that night. I wish I had been lucky enough to be taught by her when I was pregnant.

'The Space', where the classes are held, is a unique little yoga sanctuary. It's cosy, light, colourful and inviting. I felt instantly relaxed in this oasis of calm... perfect for pregnant women wishing to step-off the busy treadmill and take a well-deserved rest.

The class was filled with lovely, comforting poses designed specifically for pregnancy. There was lots of time for chats and questions too (brilliant to de-stress and empower). Claire also teaches rebozo sifting which is a technique from Mexico designed to relax tight muscles and help babies to rotate into an optimal position. Claire's wealth of knowledge is, quite frankly, second-to none.

Thank you, Claire, for your service to women and their babies.

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DOULA SUPPORT

- A doula can help to discuss your birth wishes and discuss ahead of time any concerns or worries you may have about labour.
- She will support and guide you in the decisions you make about where to birth and how to plan it.
- She will be available at any time leading up to the birth for any questions, concerns or problems that may arise.
- She will listen to you and your partner and will be an advocate on your behalf with medical professionals if necessary.
- She will be able to explain medical terminology and will be able to provide objective information at every stage.
- She will be by your side continuously, a calm and knowledgeable presence, whose sole purpose is to be with you and support you and your partner through this time.
- After the birth she will be able to ease you through those first few days, offering encouragement with breastfeeding if needed, answering any questions and debriefing the birth with you.

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WHAT CAN A DOULA OFFER THE PARTNER?

- During the birth, the presence of a doula ensures that the partner of the birthing woman can be with her as a partner, without them having to also be her advocate and sole support. This is crucial when they are feeling very vulnerable themselves.
- After the birth a doula can help to take the pressure off the partner by taking on domestic tasks which gives them the opportunity to spend time with their partner and new child, and by supporting them as they settle into their new role and learn to care for their baby.
- Once the partner has returned to work a new mother can sometimes feel isolated and even overwhelmed by full-time motherhood. Knowing that there is someone there to support her and ensure she has answers to her questions as well as time and space to relax can bring a sense of relief to a partner who is unable to be there themselves due to work pressures.

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Birth Support Package I

Cost: £950.00 plus mileage (45p per mile).

- Holding your space whilst journeying through the maternity system.
- 4 x one to one antenatal sessions, which will take place in the comfort of your own home on a day and time that suits you.
- We will cover all aspects of labour, birth & beyond and if applicable take the time to reflect on previous pregnancies/births
- Access to the client area of the Ripple Effect website which has a whole host of resources to support you when researching options and looking for information.
- Any books, dvd's and cd's relating to pregnancy and birth that I have may be borrowed.
- On call for the birth 24 hours a day, 7 days a week from 10 days prior to your due date until week 42+. Continuity of care throughout your pregnancy, labour and birth plus 12 weeks postpartum.
- Use of Aromatherapy oils & Homoeopathy remedies if you wish to use them.
- TENS machine available (cover cost of replacement pads)
- Guidance with the first feed and what to expect in the following hours and days. Plus signposting as required.

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- 1 postnatal visit (2-4 hours) usually within 10 days of the birth, taking time to reflect on your experience and giving you an opportunity to ask any questions you may have about you or your baby and what to expect in those early weeks.
- Support and guidance/signposting available via phone or email from time of booking until 12 weeks post birth.
- Additional visits can be arranged if required. (charge applicable)

You also have the options of:

- Hiring a birth pool at a rate of £65.00. Clients will need to order a liner (payable directly to the supplier.)
- The use of a TENS machine – no charge for unit (charge of £15.00 for replacement pads included with final invoice).
- It would be helpful if you had the use of a birth ball to use at home and during your birth.

The postnatal visit is to discuss your birth experience, and to help and assist you in the post-natal period. It lasts for approximately 4 hours.

£350.00 Deposit at time of booking

£150.00 due Week 26

£150.00 due Week 28

£150.00 due Week 30

£150.00 due Week 32

£additional expenses due at the postnatal visit

Any questions please do ask.

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Birth Support Package II

Cost: £550.00 plus mileage (45p per mile).

Sometimes we aren't always sure if we want to have a doula with us at the beginning of our pregnancy journey ... classes with Claire are very personalised so she is often very aware from class discussions or you sharing your thoughts and birth wishes over the weeks together, especially those that have done 2 or more blocks of classes ... Claire offers her clients the following support...

If you start your labour journey and feel the overwhelming urge for support and someone to hold the space for you and your partner ... there are many scenarios which may make you think "I need the support" e.g. induction of labour, when your wishes aren't quite going where you want them to be ... if Claire is available she will happily join you wherever you need her to be and stay with you to hold the space and be your Birthkeeper along with your partner ... the fee would be paid after the arrival of your baby.

An invoice will be sent via Brightbook Accounting. This can be paid by BACS.

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TO BOOK

Please visit: www.rippleeffectyoga.co.uk

Select: **Birth Doula** tab

Scroll to the booking form

Complete your booking form and submit.

Once the booking form is received confirmation will be sent along with an invoice and a link to the medical form.

On receipt of the deposit or full payment all links to access the client space will be sent.

We will also schedule your antenatal appointments in the diary.



Contact details

Name: Claire Morrow-Goodman

Telephone: 07966 288236

email: claireripplemamamg@gmail.com

website: www.rippleeffectyoga.co.uk

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