



CYNTHIA PREGNANT WITH SATYA

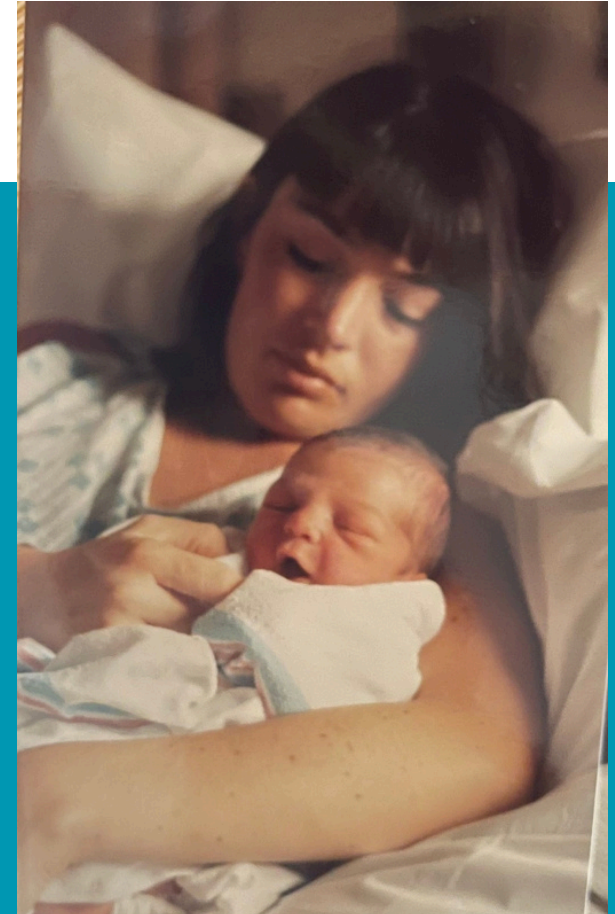
CYNTHIA ZAK

CEREMONIALIST BIRTH DOULA

MY OFFERING

AS A BIRTH AND POSTPARTUM DOULA, MY MISSION IS TO WALK ALONGSIDE FAMILIES WITH GROUNDED PRESENCE, COMPASSION, AND CARE AS THEY MOVE THROUGH THE SACRED TRANSITIONS OF PREGNANCY, BIRTH, AND EARLY PARENTHOOD. I BELIEVE IN HONORING THE WISDOM OF THE BODY, THE POWER OF INFORMED CHOICE, AND THE BEAUTY OF EACH UNIQUE BIRTH STORY.

ROOTED IN HOLISTIC, TRAUMA-INFORMED, AND INCLUSIVE SUPPORT, MY PRACTICE HOLDS SPACE FOR EVERY BIRTHING PERSON TO FEEL SEEN, SAFE, AND EMPOWERED. WHETHER THROUGH PHYSICAL COMFORT, EMOTIONAL REASSURANCE, ANCESTRAL CONNECTION, OR EVIDENCE-BASED GUIDANCE, I SUPPORT THE WHOLE PERSON — BODY, MIND, AND SPIRIT.



CYNTHIA WITH MARLON

MY MISSION

My role is not to direct your path, but to support you as you walk it — offering care that is nurturing, nonjudgmental, and deeply respectful of your intuition, your family, and your values.

It is an honor to be invited into these tender, transformative moments. I serve with love, integrity, and reverence for the strength that lives within every birthing person.

My mission is to nurture the whole person — body, mind, and spirit — through birth and postpartum. I aim to hold space for your story, honor your intuition, and support you with love and presence as you welcome new life into the world.



CYNTHIA WITH ALLEGRA

ABOUT

Cynthia Zak is a writer, author (5 published books), classically trained musician, singer and songwriter of more than 150 songs for children and adults encouraging mindfulness, kindness and connection. She is a Mindfulness and yoga master (500 hs TT Yoga Therapist), director of Yomu Institute and founder and director of The School of Sound (teaching children the art of playing high vibrational instruments).

Cynthia is a therapist with the HeartMath institute, expert in heart brain coherence to treat and prevent trauma and anxiety and an end-of-life doula (accompanying children and families in the process of grief, death and endings). She is a birth doula and certified prenatal and postnatal yoga teacher with Khalsa Way and the mom of 3 beautiful humans, Marlon, Allegra and Satya. She travels the world training families and educators in mindfulness, emotional intelligence and the science of sound as medicine.



- Desired location of birthplace?
- Do you have any children now?
- If so, what are their ages & names?
- What has your pregnancy been like thus far?
- Medically?
- Emotionally?
- What does your ideal birth look like?
- Place? Mood?
- It can be whatever you want it to be.
- What kind of interventions do you desire for your birth, if any?
- Induction? Medication? If
- Any or if none, explain why.
- Ideally who will be at your birth? Please list names of caregivers, friends or family.
- What childbirth education class are you enrolled in, if any?
- Describe why you chose this class and what you hope to gain from it.
- Do you enjoy massage? What kind?
- Which parts of your body enjoy relaxation massage the most if any? Which parts of your body would you prefer no touch?
- Do you enjoy particular scents or colors?
- What are your favorite foods and beverages?
- Do you participate in any kind of exercise?
- If so, which kind and what do you enjoy about it?
- Do you know what Kegel exercises are? If so, what do you know about them?
- What does the fourth trimester mean to you?
- Do you plan to breastfeed?
- Can you list 3 things you have heard about breastfeeding?

EXPLORE THESE QUESTIONS TO SPARK A MEANINGFUL CONNECTION.



Birth Doula Package price \$ 3100

- 2 in-person/zoom prenatal visits, in person labor and birth support,
- 1 in-person postpartum visit,
- 6 weeks postpartum phone support.
- Includes meditation, breath work, sound healing and other somatic techniques during the visits and labor.

Modified in person/virtual Doula support price \$ 2200

- 2 in-person/zoom visits,
- phone/FaceTime support during labor & birth (no entry to hospital/ attendance at live birth),
- 1 zoom or in-person postpartum visit,
- 6 weeks postpartum phone support.

Prenatal Support Package price \$ 1800

- 2 in person visits
- plus 4 prenatal Zoom sessions + email
- phone support throughout pregnancy.
- No birth attendance or postpartum support.

Holistic Birth Package (Premium Option) \$3900

- 3 prenatal visits (includes wellness or bodywork, some prenatal yoga movements) Custom birth preferences + labor rehearsal.
- Herbal, energetic, or mindfulness support
- Sound healing. Prenatal yoga. Voice activation. Somatic and meditation techniques
- Partner coaching session, other children coaching session (heart brain coherence)
- Extended in-person labor & postpartum hours
- 2–3 postpartum visits (emotional check-in)

BIRTH DOULA PACKAGES





POST PARTUM SERVICE

A postpartum Doula is someone who acts as a support person and resource after the baby has arrived. They visit your home and assist with whatever needs to get done so you can relax with your baby. They can be a neutral source of support and comfort for the mother. Is this something you are interested in?

What do you wish to accomplish by having a birth Doula at your side during pregnancy and during your labor and delivery?

(If applicable) What are your partner's wishes and needs?

What role is your partner comfortable with?

How can your partner and Doula work together to meet your needs?

POST PARTUM PACKAGE

Gentle Start (10 hours) \$2200

Perfect for the first week or two home.

Infant care + feeding support, breastfeeding meditation and sound healing

Emotional check-in and rest support

Meditation and mindfulness techniques to calm nervous system

Sound experiences to soothe and connect with other children or members of the family

Sacred Fourth Trimester (40+ hours) \$ 2900

Deep support over 4–6 weeks

- Customizable weekly schedule (in person and virtual sessions adaptable to mom and baby needs).
- Partner and family adjustment support
- Gentle guidance as a baby develops new rhythms (massage, yoga, breathing techniques for mom and baby. Includes comprehensive work with other family members to create a unite community).



PAYMENT



PAYMENT SCHEDULE

60% Due at signing this contract.
40% due by the end of your 36th week (four weeks before your due date).

PAYMENT OPTIONS

Payments can be made through
Cash, Zelle, Venmo, checks.



CONTACT

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**CYNTHIA & HER 3 KIDS:
MARLON, ALLEGRA & SATYA**