



Birthworks Healing: Nurturing mother through the birthing process and beyond.

I am constantly being reminded this journey into motherhood, truly takes a Village. And it begins with the birthing process. From my own experience inviting an energy medicine master practitioner to my own births, allowed my body to do innately what it was designed to do. For me to settle in to the flow. I want to give back all that was given to me. I received the right amount of support to connect with my inner intuition to bravely and boldly birth my baby, with Love, the way baby was created. I was able to lean in to the support and expertise of my Birth team, to give birth in a way that was uniquely my own., and I didn't have to give my power away, as I uniquely gained strength and confidence through each birth. I became part of the early imprinting of my baby's experience here on the Earth. I began offering my Birthworks program to my clients when I began teaching Prenatal and Postpartum Yoga in 2014, and recognized how paramount it was to have a healer who intimately knew the birthing process and your unique body. Another woman helping provide pain relief through reiki, craniosacral therapy and intuitive healing to open the body for birth. Our feelings, and thoughts directly affect our birthing experience. And studies on consciousness display that baby's subconscious is shaped by our experience with birth. With the support of essential oils, combined with hands-on energy work, our body feels safe to let go and trust in the birthing process. Touch Therapy during labor is proven to reduce pain, emotional distress, physical discomfort and induce the parasympathetic nervous system for our beautiful body to do what our body is designed to do, give birth.

What I offer: Through my Birthworks Healing program packages, I offer hands-on energy medicine healing support to mother (and baby) during labor, before and after. I have been present in many different birth settings. My training weaves together a beautiful offering to support mother on baby's birthday: reiki healing, cranio-sacral therapy, a gentle and non-invasive healing modality that supports your rhythm in birthing and gives baby additional hormonal balancing to allow birth to be more easeful and graceful. I use medicinal grade essential oils (Wisdom of the Earth) to facilitate the flow of the birthing process, to kickstart labor, to increase contractions, to reduce anxiety and to build strength.



I currently offer two birthing packages through Birthworks Healing:

Both packages offer: unlimited text, + email support from contract to birth

1 (1 hr) bodywork healing session prenatal

1 (1 hr) bodywork healing session postpartum

An opportunity to purchase discounted bodywork sessions with a 20% discount

24/7 on call support from 38 weeks pregnant up until 42 weeks pregnant

Standard Birthworks: Offers 3 hours of hands-on healing support at the time Jen arrives \$995

Premium Birthworks: Unlimited hands-on support as soon as you are ready to have me by your side + 1 hr pp \$2100

Fee Details: I offer an in-person consultation (free of course) so we can see if I am a good fit to support you. Once you are 38 weeks, I am on call 24/7 until the birth of your baby. On your baby's birthday, I join you at your request. All packages are paid 80% by contract signing, with the remainder being paid at the postpartum bodywork session. Before signing a contract, you must check with your Obstetrician or Midwife to ensure my participation, which does not interfere with their training and services provided. (I have never had a problem and was even welcomed in to a surgical procedure)

Energy Healing in Science

Other published studies have looked at the effect of Reiki on measures of stress hormones, blood pressure, heart rate, and immune responsivity, and on subjective reports of anxiety, pain and depression. Overlapping data from some of the stronger studies support the ability of Reiki to reduce anxiety and pain, and suggest its usefulness to induce relaxation, improve fatigue and depressive symptoms, and strengthen overall wellbeing. The Cochrane Database of Systematic Reviews contains a review on the use of touch therapies (including Reiki) for pain and a protocol for use of Reiki for psychological symptoms which would support mother and baby in bringing an easefilled birth experience, trusting in the body's innate design.

What I am not: I am not a DONA certified Doula. I often serve as doula ensuring mother is feeling supported throughout their labor, and advocate. The root meaning of this word comes from the origin: a woman who serves. I have amazing respect for doulas and work in tandem with doulas and midwives in the area to support women.

I founded the Organic Sister's Milwaukee Area Wellness Nest on Facebook, with a group of other mothers and women who support one another in serving as the best version of them. There are resources we are continuing to build on this electronic forum if you'd like to join for further support prenatally and postpartum.

Please reach out to me if you are interested in learning more about Birthworks. I would welcome the opportunity to meet to determine your needs so I can be supportive at this special and sacred time in your life as you prepare to meet your new

Warm Wishes for a healthy delivery,

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