



"I learned so much about myself & my baby from this deeply spiritual approach."

—TESTIMONIAL—

Jenna is my absolute hero. **I would never do a pregnancy, birth and postpartum without her again.** She started the journey with me at 12 weeks, supporting me through awful morning sickness and a move across the world from the UK to New Zealand.

Every step of the way she was armed with ideas, research and emotional support. We spoke regularly throughout the pregnancy and she helped me connect to the little soul I was growing inside me and the connection with my own body and what it needed. She was respectful and supportive of my choices and helped me to navigate the medical system in a way that felt right for our family. Her teas and snacks at each visit were a little taster of the incredible postpartum food that was to follow.

We had the most beautiful family mothers blessing which included my husband and older children and we used ceremony and art to prepare for the baby's arrival.

As the due date approached with lots of false starts she was always at the end of the phone to offer support and help me lean in to the teachings I was getting from my baby. **I learned so much about myself, and him from this deeply spiritual approach.** When we went past the due date and I was getting pressure to get an induction she was absolutely amazing at helping me stand in my power and decline any intervention. In my low moments she would boost me back up again, ready to embrace the journey.

My birth plan was very centred around ceremony which she fully understood and shared ideas for. On the eve of the birth she knew exactly when to come over and settled straight into drumming for me as I was birthing my baby. He was born so gently in the bath and went straight onto my chest. He took a little while to come in, which she had prepared me well for and gave me lots of reassuring smiles and nods as we waited for him.

I asked her to drum him in which she did on her beautiful deer skin drum. She helped me to birth the placenta into a bowl which she had suggested we get to honour its arrival. We moved to the bed during which time she helped me get comfortable, gave me a gorgeous robe to wear and quietly cleared up the room to be my sanctuary. There were fairy lights around my bed, her warming mama tea and homeopathic remedies to support my recovery.

When we were ready Jenna helped us to do a cord burning ceremony (which she had taught us about) and we played songs that friends had recorded to welcome him into the world. We decided to call him Osian, meaning little deer—a perfect name as he was drummed into the world on a deer skin. Jenna spoke some words of welcome, to him and to each of us as his parents, **a true honouring of his arrival and our role in his life.** When we were all feeling ready she left us in our precious bubble with the promise to return soon with food.

And wow-what incredible nourishment! A perfect mix of ayurvedic meals, snacks and teas with flowers for my husband to prepare my plates with love. I felt so special and looked after by both of them. She brought fresh flowers from her garden and books for me to read if I wanted.

For 6 weeks after the birth Jenna supported me through messaging and weekly video calls. **It was so wonderful to have support and guidance, and just having another woman to be with you in that early post partum is invaluable.** Again she helped me navigate the spiritual experience of postpartum and lean into the teachings from my baby. It was the most incredible, restful, nourishing postpartum ever!

Jenna is incredible and such a phenomenal support at each stage of the journey. **I want a fourth baby just to do it all over again with her!!!**

HATTIE | AUCKLAND | JANUARY 2025