

Introduction

At the Heart of my practice and journey into supporting birth as a rite of passage lives an active meditation, whereby presence with Mother Life is highly available. I acknowledge presence, the art of paying attention and experience to be my greatest teachers for the sake of our future generations and families. Reducing trauma, little to no interventions, restoring humanities faith in physiological birth, actively empowering Mothers & Fathers in labor to carry over into parenting are primary importance to my practice. Called to the door of Birth by both dreams & coming from a lineage of nurse birth supports in my immediate family (Grandmother). By actively engaging my Heart through the process of learning my “education” has gone far deeper than a resume could fully express, though I pray you find it helpful to read & understand where the adventures of Life have taken me. Here you are:

Experience

I have experience with:

- Specialized in Natural Physiological Birth (also works with medicated)
- Guidance by way of Mirror Touch Synesthesia (I am a physical empathic)

- Coaching/guiding hypnobirthing clients
- Coaching easeful pushing in labor preventing pelvic floor tears/ damage (resulting in healthy pelvic floors)
- Education prenatally to successfully prevent pelvic floor damage & build confidence for labor
- VBAC
- Waterbirth at home & birth center
- Homebirth with Traditional Midwives & Certified Professional Midwives
- Longer Labors
- Back Pain during labor (aka back-labor) and assisting with release techniques

- Emergency C-Sections including accompanying into the OR
- Clients with pre-trauma going into birth
- “High-Risk” clients
- Addiction Recovery
- Emotionally complex situations
- First babies, second babies, third babies
- Unmedicated Vaginal Births & Medicated Vaginal Births (i.e. narcotic or epidural)
- Hospital Birth with an OB
- Healing Touch (Reiki) in labor
- Offering relaxing breath techniques and alternate positions in labor

- Providing live music (ukulele, Mbira & Voice)
- Multi-Cultural Bi-Lingual Births
- Placenta Encapsulation/Placenta Prints services
- Belly Casting & Henna
- Postpartum Care

Education and Training

2020-2023 Yoso Wellness Spa massage therapist &
Private practice (Holistic Sister) massage therapist at Full
Moon Birth & Family Wellness Center

2019

CAMTC Certified

Spinning babies training with Gail Tully, CA

520 Hour Certified Massage Therapist Cypress Health
Institute, Santa Cruz, CA (CA State Massage Therapy

License by November)

Hands on assist training yoga positioning- Breath & Oneness, Santa Cruz, CA

Spanish studies- Cabrillo College Santa Cruz, CA

2018 Malaysian Belly Bind Training- CA

Midwifery shadowing at Maternidad La Luz birth center & school, El

Paso, TX

Prenatal yoga teacher training Mount Madonna Center with Hannah Muse

Cabrillo College Aptos completing Midwifery prerequisites

Training with the Art of Mothering midwife Gingi Allen, CPM, LM Pushing in Birth: How to advocate for your client as a doula (Berkeley, CA)

2017 Trained with Spinning Babies (Los Angeles, CA)

Joined the Birth Network of Santa Cruz

Joined The Collective Wings Perinatal Project
www.cwperinatalproject.org (Santa Cruz, California)

Received Certified Professional Birth Doula-Activist Certification from national certifying org toLabor aka ALACE

Serving as a member of the Spanish Outreach

Committee part of the Birth Network of Monterey County & active member (Monterey County, CA)

Leading pre-natal education circles at Full Moon Birth & Family Wellness Center (Santa Cruz, CA)

InnateTraditions Postpartum Doula training (San Diego, CA)

2016 Joined Full Moon Birth and Family Wellness Center (Santa Cruz, California)

2016 Internship with Everyday Miracles Birth Organization (MN) Cloth Diapers 101

Child Birth Education series

2016 Active Membership & Professional of toLabor Birth support services

2016 Leading yoga in recovery groups part of Meridian Behavioral Health Stillwater Outpatient Treatment Program-Avalon Programs (MN)

2016 Breastfeeding 101 Blooma- Minneapolis, MN

2016 Yoga Behind Bars Teacher Training (Trauma Informed)

2016 Baron Baptiste Power Yoga Teacher Training (Leadership Development)

2016 Intensive Language Program español Tierras

Mayas School, San Cristobal De Las Casas, Mexico

2012-Current Danza De La Luna (Traditional Priestess Ceremonial education-Empowering the Sacred Feminine-Traditional Mexica

Cosmology) Copal Smudging supporting emotional states of release/upset

or conflict to bring wholeness, Drumming & Singing

2015 Reiki II Certified- Hawaii

2015 Began Practice as Placenta Encapsulation Specialist

2015 Pre & Post Labor Traditional Birth Support Zimbabwe, Africa with Mbira music education

2014 *Thai Yoga Massage Training* (Level 1 & 2) International Thai Massage School, Chiang Mai, Thailand

2014 *Eastern Secrets of Love International Conference/Training* Universal Healing Tao Center with Master Mantak Chia, Chiang Mai, Thailand

2014 *Tao Basics Level 1 & 2* Universal Healing Tao Center with Master Mantak Chia, Chiang Mai, Thailand

2013 Traditional African Mbira Instrumentalist initiate &

student for rites of passage support (music as medicine/
medium)

2013 Personal Retreat, Sabbatical, Community Building
& Healing Big Island, Hawaii

2012 Personal Transformation Group Support Training
(aka PT) Yoga/ Earth Based Teachings

2012 toLabor Birth Activist Doula Training- Portland,
OR **2012** Reiki 1 Certified (Healing Touch)

2011 Professional Onstage Actress Minneapolis, MN/
Vocalist (Classical Singing/Jazz)

2010 Completed Bachelor of Fine Arts (Music
Performance Major/ Theatre Arts Minor) University of
Minnesota (4 years)

2008 *Living Yoga Program* 200 hour Certified Yoga
Teacher Training- Austin, Texas

2007 Associate of Arts Degree-Central Lakes College-
Brainerd, MN (2 years substituting high school
education)

Positive Loving Communication training, Cross-cultural
Solutions Training, Inter-Cultural Communications
College course, Multi-Lingual experience through global
travels & study

Grateful for the presence of Traditional Elders both male and female, Midwives and Ancestors who have lovingly guided my blossoming path supporting and remembering Birth as a Sacred Rite of Passage. Tlaso Kamati, Miigwech, Wopila, Gracias, Grazie, Mahalo, Maitabasa, Terima kasih, Thank you & Ometeotl!