

Postpartum Sealing
Ceremony

Postpartum Doula, Varya Sanina

Blessed is the mother who bore
thee and the breast whose milk
suckled thee and the bosom
wherein thou wert nurtured...

~ Abdu'l-Baha



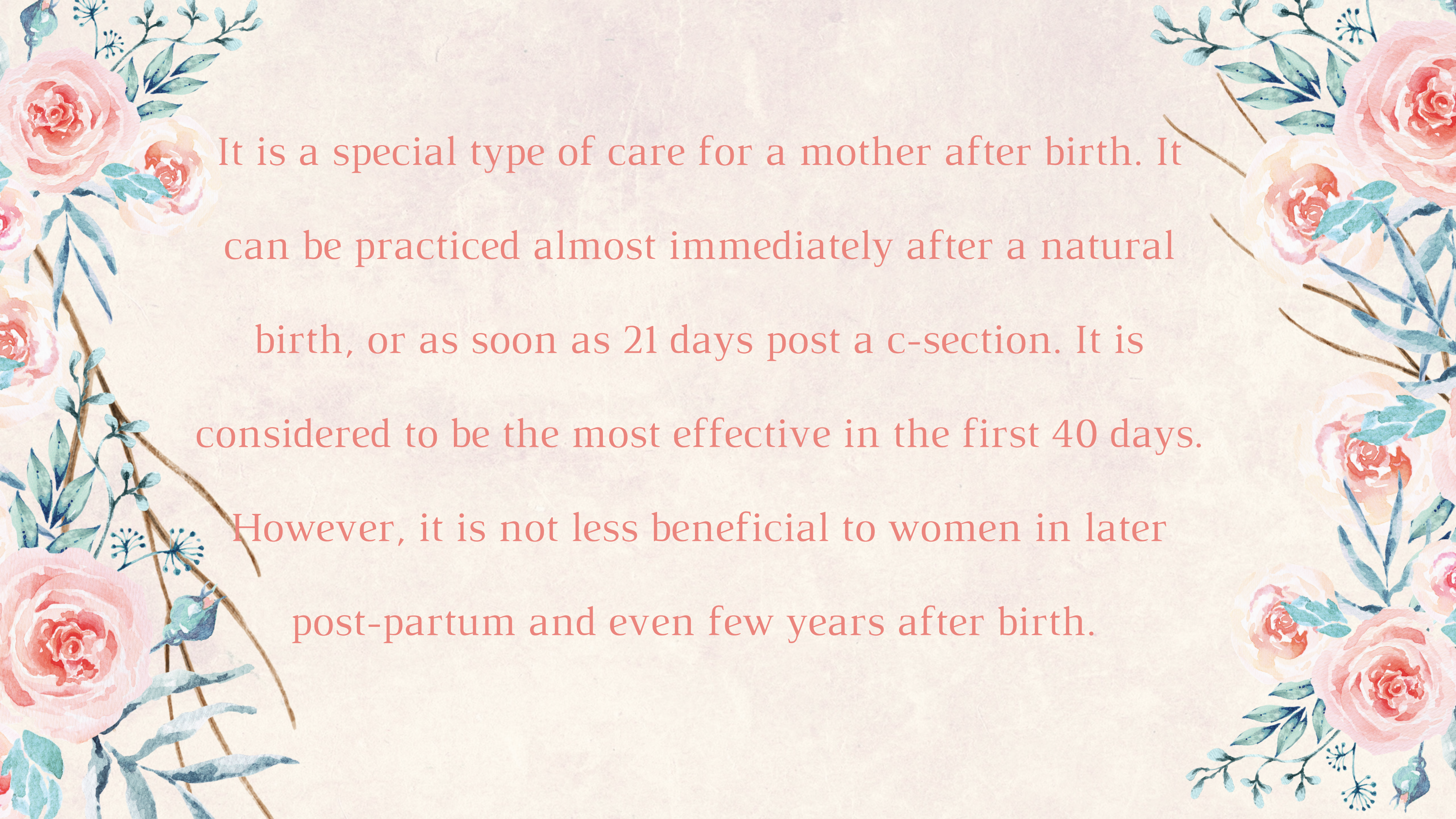
Hello, my name is Varya, and I am a postpartum doula, breastfeeding counselor, baby massage instructor from Russia. I am a mother to 3 children. I live in the South of China. I assist families post birth with various things related to baby-mother care, breastfeeding, and offer a Postpartum Sealing Ceremony



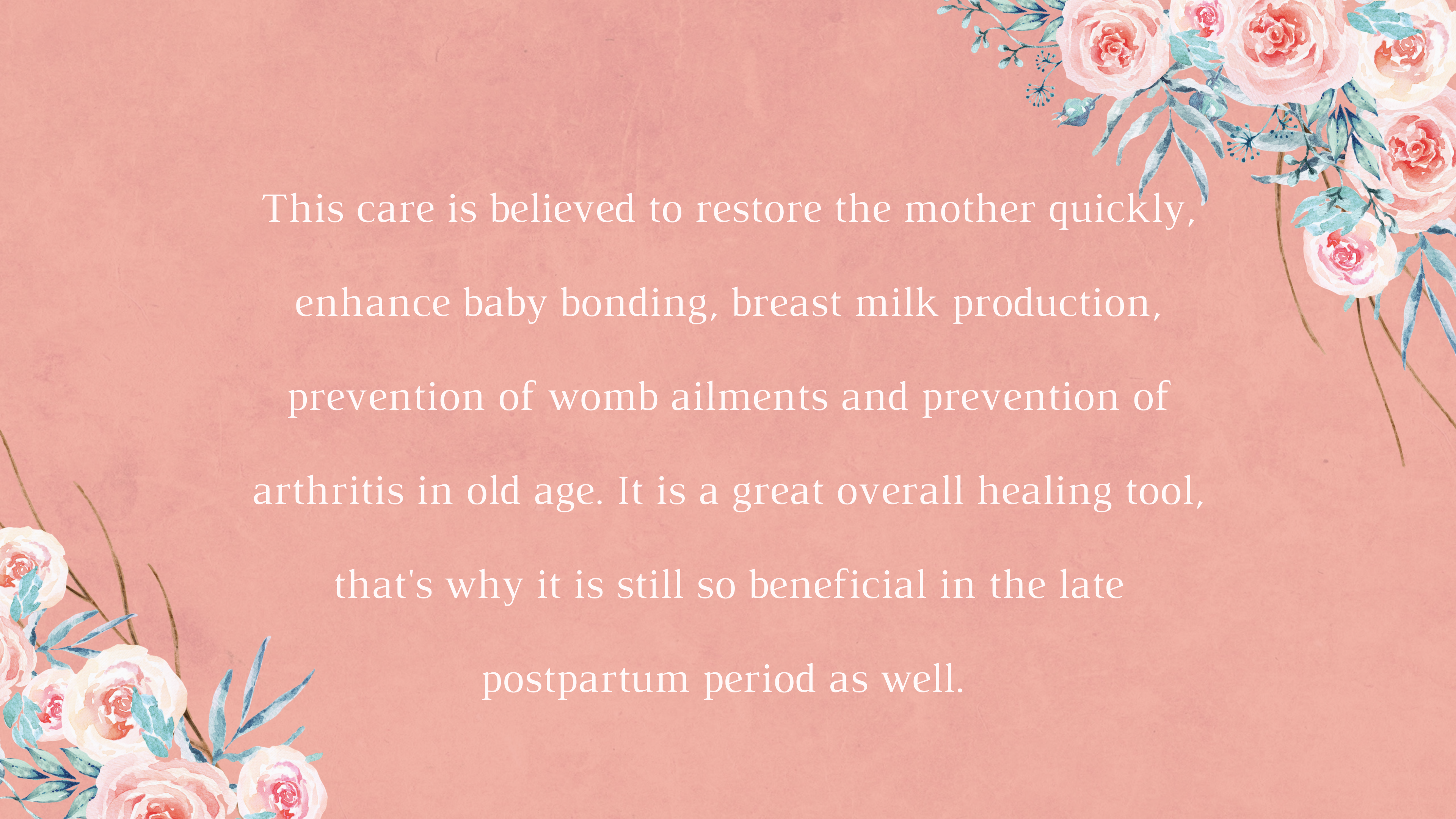


What is Postpartum Sealing Ceremony?

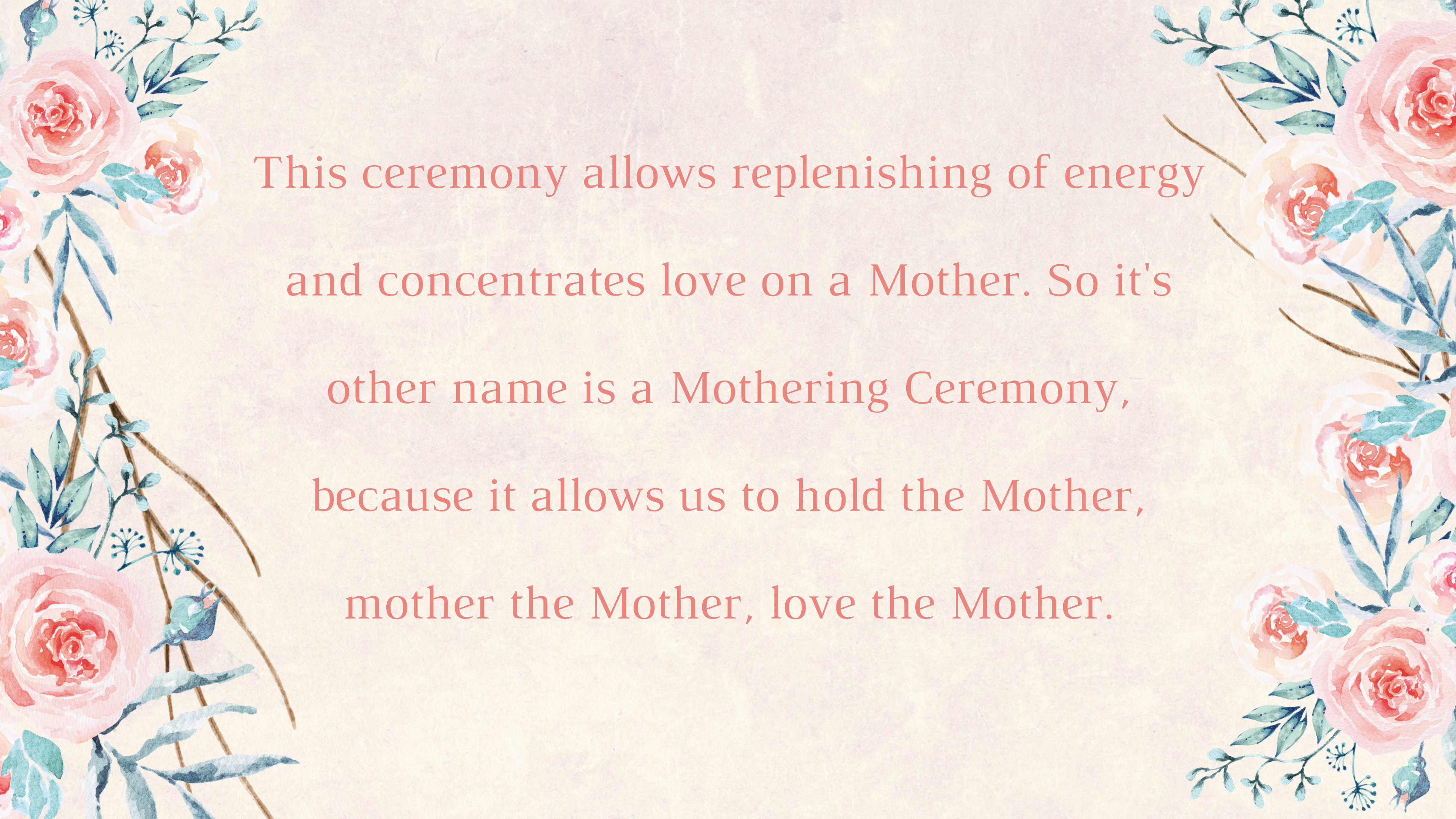




It is a special type of care for a mother after birth. It can be practiced almost immediately after a natural birth, or as soon as 21 days post a c-section. It is considered to be the most effective in the first 40 days. However, it is not less beneficial to women in later post-partum and even few years after birth.



This care is believed to restore the mother quickly,
enhance baby bonding, breast milk production,
prevention of womb ailments and prevention of
arthritis in old age. It is a great overall healing tool,
that's why it is still so beneficial in the late
postpartum period as well.




This ceremony allows replenishing of energy
and concentrates love on a Mother. So it's
other name is a Mothering Ceremony,
because it allows us to hold the Mother,
mother the Mother, love the Mother.

What does the Ceremony
look like?



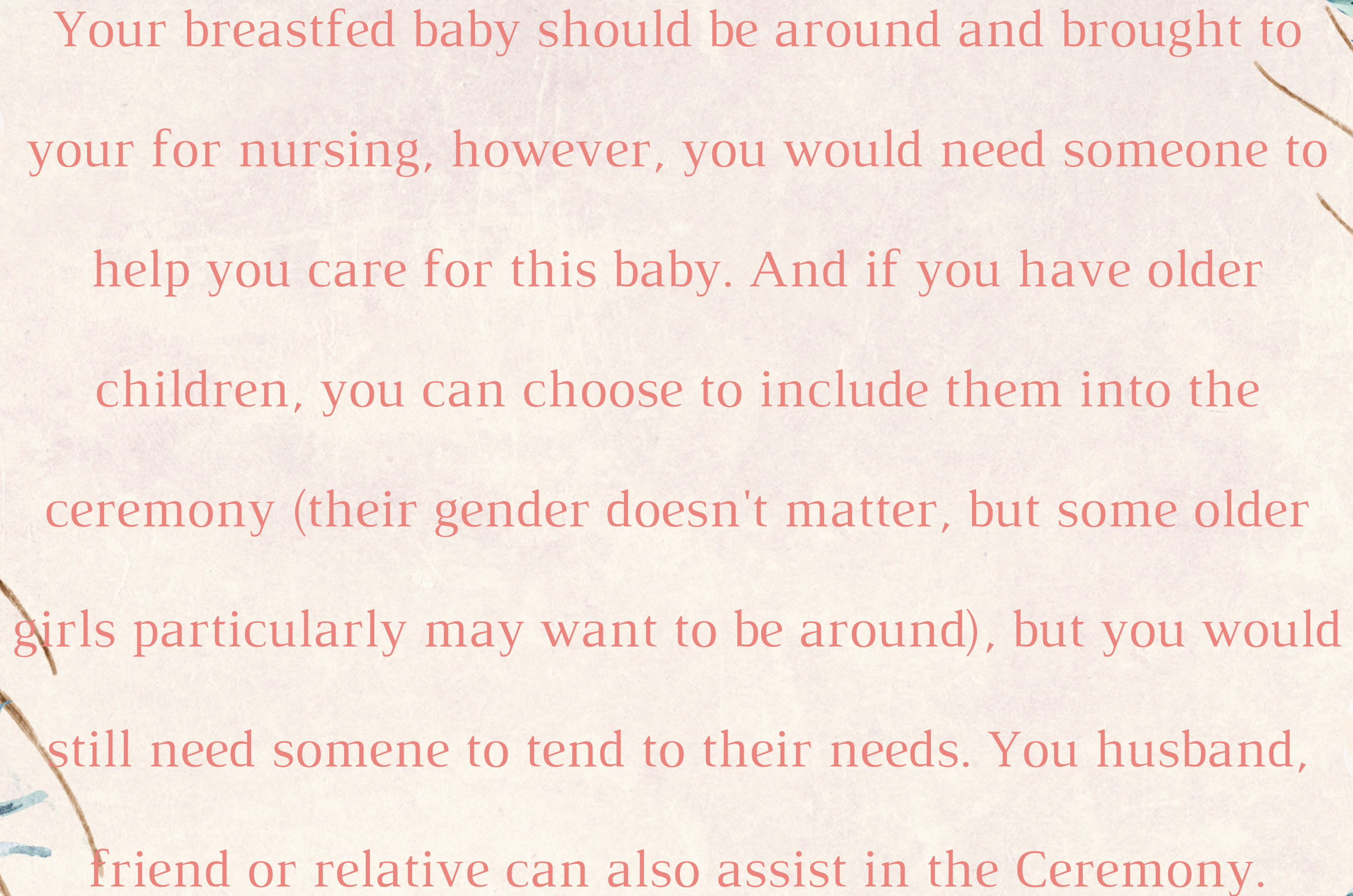


There are several steps:

- An opening conversation with a mother over a cup of tasty beverage about her birth experience
 - A relaxing essential oils massage
 - A warming bath with herbs
 - A visceral massage of a mother's abdomen
 - An actual binding process with rebozo-like fabric
 - A closing meditation
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What if I have a breastfed baby
and/or older children

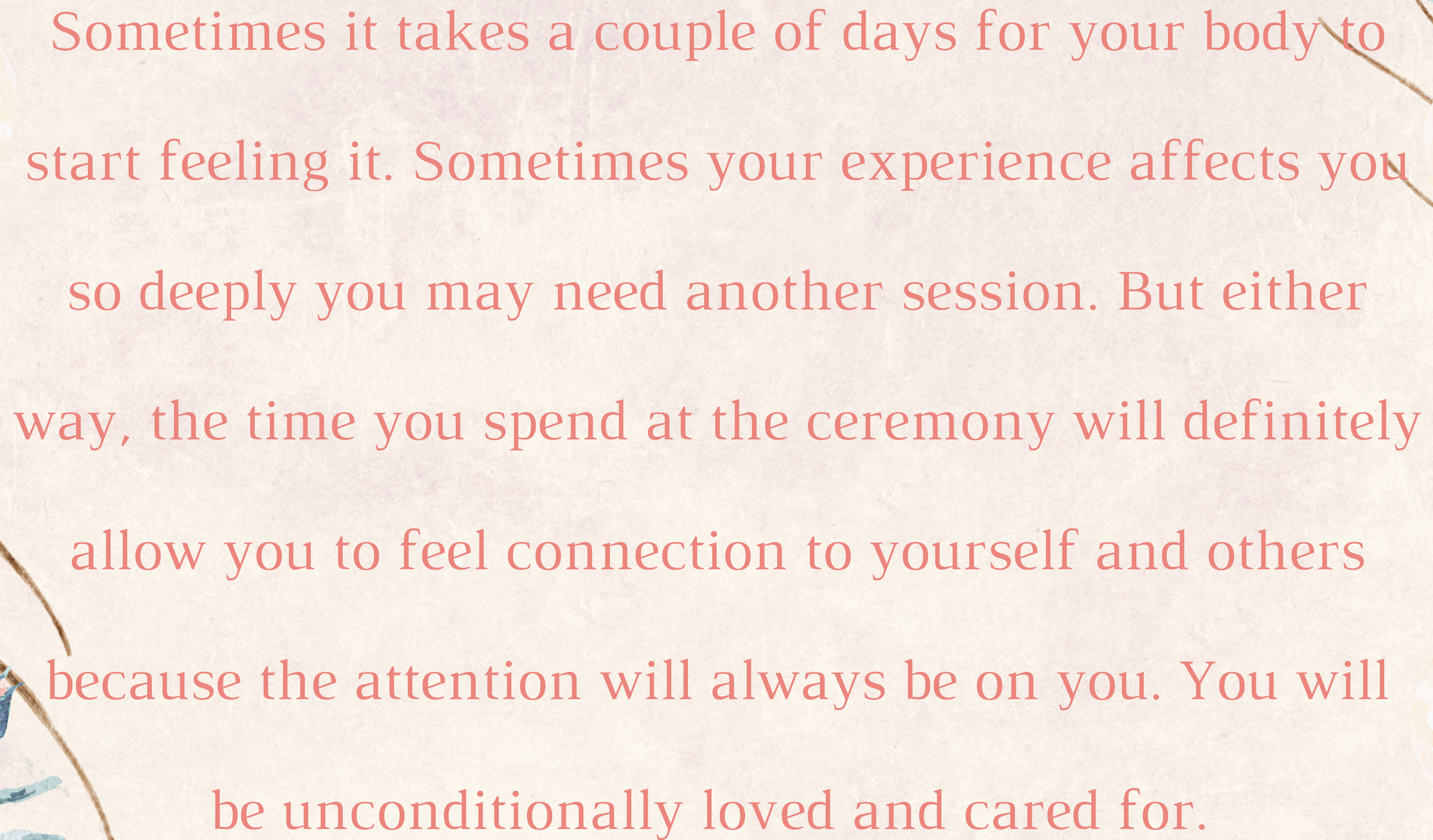




Your breastfed baby should be around and brought to you for nursing, however, you would need someone to help you care for this baby. And if you have older children, you can choose to include them into the ceremony (their gender doesn't matter, but some older girls particularly may want to be around), but you would still need someone to tend to their needs. Your husband, friend or relative can also assist in the Ceremony.

What if I still don't feel like I've had closure post the Ceremony?





Sometimes it takes a couple of days for your body to start feeling it. Sometimes your experience affects you so deeply you may need another session. But either way, the time you spend at the ceremony will definitely allow you to feel connection to yourself and others because the attention will always be on you. You will be unconditionally loved and cared for.



Fees

In Zhuhai:

1500/per ceremony per person

In nearby cities (no more than 1+ hour travel):

1900/per ceremony per person

(there should be at least 2 people pre-booked)

In other cities and provinces:

2500/per ceremony per person

(there should be at least 5 people pre-booked)

{NO MORE THAN 2 CEREMONIES PER DAY}



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