

# THE WOMB SAUNA

Ancient Herbal Steam Medicine for Women

# Doula Services



*Unveiling the Way of The Light Conception*



*Thema Azize Serwa*

Supporting families Wholistically @  
all stages of child birthing:  
*Conception, Pregnancy, Delivery, & Postpartum*

# Informational Package

1-888-576-WOMB  
[www.thewombsauna.com](http://www.thewombsauna.com)  
[info@thewombsauna.com](mailto:info@thewombsauna.com)

# What is a Doula?

## *Past – Present – Future*

### *In the past...*

Women throughout time have assisted each other with the process of childbirth. The Greeks coined the term doula to refer to women who serviced other women during childbirth. Other ancient cultures have been using what the Greeks coined doulas for centuries prior. You can find information about how the Kemetic culture, Asian communities, Essene Communities, and more all used midwifery as a sacred and deeply spiritual act for the child birthing experience. Doula services were not just about the pregnancy and childbirth. The Ancients made it a point to be involved with a woman's journey into motherhood at all stages, especially for women who had barriers to conceiving or needed assistance maintaining a healthy pregnancy. In addition, the ancients knew the power of spirituality in assisting the family in receiving their child physically, mentally, and spiritually. There were many rituals and a heightened awareness of the purpose of the children's lives that were coming forth. Child birthing was a rite of passage in the ancient world for the entire family.



### *Currently...*

Modern doula care is in high demand. There is an increasing awareness of the power of alternative medicine and non-traditional ways of approaching ones medical needs. Women are participating in this shift in startling rates. Part of the demand for doula care is due to single parenting rates increasing, complicated pregnancies and deliveries increasing, and the success rates of doula care. National research has shown that women who have used doulas for their labors have the following benefits:

50% decrease in cesarean rate

25% shorter labor time

60% reduction in epidural requests

40% reduction in oxytocin use

30% reduction in analgesia use

40% reduction in forceps delivery

### *Moving Forward...*

There are some practices in every culture that are foundational. Women supporting each other in the child birthing experience is one of those foundational practices that is eternal. Doula care will continue to expand and adapt to the demands of the modern woman while gaining recognition from the medical community for its positive impact on family planning services. Doula care is the bridge between traditional and nontraditional birthing methods, providing a higher level of care for the family and child.

# Thema Azize Serwa

## *Pioneer of The Womb Sauna*



### *Unveiling the Way...*

Thema Azize Serwa, also known by many as Malinda Euell, has been ringing an alarm about ancient herbal steam medicine and its health benefits with international success. She has positively impacted the lives of women throughout the world through The Womb Sauna services and products.

Many of her clients referred to Thema as their “Spiritual Midwife” and became pregnant after working with her. Thema viewed a doula practice as a natural progression for The Womb Sauna’s service portfolio.

The initiation into doula care has been a blessed journey for Thema. Her expertise from The Womb Sauna provides the wisdom of earth-based methods for child birthing which includes herbal remedies and tools. She is trained and certified through Somatic Arts & Sciences Institute’s Madriella Doula program. She combines that expertise with her Level I Reiki certification from Zawadi Arts Leadership and Training Institute (ZALTI) to add value to each families doula care.

She has always been Queen Mother in her personal and professional life, known for her passion for bringing children into this world with love, balance, and blessings. Thema will tell you herself that Spirit has been her greatest instructor in how to be of service to women and she has been doing this work since she was a child, laying hands, working with herbs and plants, and collectively calling women together to heal and live their lives at a higher vibration. As Thema says, “I Am on purpose and it was my parent’s spiritual work that supported my ability to align to my Divine destiny while in the womb and when I was born!”

Thema is just as passionate about the modern pregnancy and infertility crisis as she is about the womb crisis. Thema is dedicated to unveiling the way of The Light Conception for families so that our children are born with a higher vibration of love, preparation, and resources to fulfill their destined paths.

### *What is The Light Conception?*

Thema’s doula services invites a spiritually high vibration for the child birthing experience by creating balance between mind, body, and spirit *at all stages of child birthing*, not just when the child is physically conceived. This method is known as ‘light conception’ or ‘immaculate conception’ in various ancient traditions and expands the conventional role of a doula. When the child is in the womb Thema teaches parents about the spiritual development of their child as well as the standard doula care services.



# Packages

*\*\*Financing options for qualified clients.\*\**

## You are The Empowered Parent with Thema's Support!

Call **1-888-576-WOMB** to set up initial consultation

### *Conception Services:*

Training men & women in spiritual & earth-based methods to achieve pregnancy.

• **Motherhood Initiation Program (\$400)**- Initiation program to assist women in removing all barriers, if any, to conception at the spiritual level and experience pregnancy at a high spiritual level. Program is offered online to give women accessibility all throughout the world. Great for the fertile woman and the woman desiring pregnancy.

- Cellular Preparation for Conception (Strengthening & preparing the body)
- Self-Integration (Resolving karmic debts and ancestral work)
- Conception (Clearing the way for pregnancy)

• **Custom Herbal Gemstone Fertility Blends for both Parents (\$85)- 30 day**

• **Divination services for greater insight about conception (\$65 per reading)**- Spirit Baby Readings to gain insight from Spirit about your conception.

### *Pregnancy Services:*

Support with birth plan and parenting plan services and resources, and holistic and natural remedies for support of mother and child antepartum.

• **Birth Plan Services (\$300)**

- Home visits or phone consultations for distance doula care
- Exercise regimen to ease delivery
- Advocacy Services with doctors, nurses, hospitals

• **Parenting Plan Services (\$100)**

- Mapping out parenting strategies for the first 3 decades of your child's life including:

Education

Financial Resources

Spiritual Guidance

Community Involvement

Recreational Activities

Choosing the Village



### *Delivery & Postpartum Services: (\$100)*

Ensures birth plan is implemented, supports family during delivery, and provides postpartum support to assist family in adjusting. \*\*Postpartum services are \$65 per hour and include 1 complimentary Womb Sauna session 3-6 weeks after delivery.\*\*

# To get started...



Are you ready to be the **EMPOWERED** parent?  
Visit [www.thewombsauna.com](http://www.thewombsauna.com)

## *Step 1:*

Schedule a 1 hour Phone Consultation for \$35. Follow the instructions at [www.thewombsauna.com/doula](http://www.thewombsauna.com/doula)

## *Step 2:*

Complete the Doula Client Intake Form.



## *Step 3:*

Submit payment for services.

\*\*If you qualify for financial assistance you will submit the necessary paperwork and your payment schedule will be set up.\*\*

Once all preliminary steps have been completed, we will proceed to setting up your appointment schedule for services purchased.