

POSTPARTUM CARE OFFERINGS

THE  
COMMUNITY  
CARE PACKAGE

POSTPARTUM  
CARE OFFERINGS

BLISSFUL  
WOMB CARE

Compassionate, Nurturing Care  
for the Womb, Body & Soul

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# THE RITE OF PASSAGE FROM MAIDEN TO MOTHER

Cross-culturally, since the beginning of time, Rites of Passage have been recognized, honored and celebrated by gathering in community, in ceremony, to acknowledge the transition from one phase of life to another.

This is to acknowledge the inner transformation of change that comes through initiation, that who you once were is no longer, and who you are becoming is yet to be fully seen.

There are 3 stages of a Rite of Passage. In the context of the transition from Maiden to Mother, they are as follows:

**1st Stage - Separation/Ending (Pregnancy):** You are preparing to leave everything behind as your old way of life, the Maiden you have been/were prior to pregnancy, metaphorically dies. The unknown awaits. Relationships and lifestyle changes, your body goes through massive expansion, and your old identity starts to fall away. This is very confronting for many, especially with the first pregnancy, however the experience can be confronting with each pregnancy thereafter, no matter how many children you have.



# THE RITE OF PASSAGE FROM MAIDEN TO MOTHER

CONTINUED...

**2nd Stage - Transition/Initiation (Birth):** This stretches your capacity - physically, mentally, emotionally, and spiritually. You are at the peak of your expansion.

Birth is a portal that forever changes you, however you birth your baby. It signifies the transition to Mother. Although you may have external support from care providers, a doula and your partner, you go through this internal process alone. You are between worlds. New life comes in, but you're in between your old identity as a Maiden, and new identity as a Mother.

**3rd Stage - The Return/New Beginning (Postpartum):** As your baby is a newborn, so too are you. As you come back from the initiation of birth, how you view the world and your capacity in how you show up, tend to yourself, your family and community is forever changed. Your old identity is no more, and your new identity as a Mother begins to emerge. Now is the integration process of your initiation, which is also very confronting and requires community support.

In order for a Rite of Passage to be complete, it requires social recognition of these 3 stages. This has been severely lacking for generations, leaving the Rite of Passage process incomplete for most Mothers, who are expected to pick themselves back up and continue on with life. This lack of social recognition is a huge disservice to Mothers and the sacredness of their journey into Motherhood.



# BIRTH STORY TELLING

## PRECONCEPTION - POSTPARTUM

Everyone has their own unique journey into Motherhood. Birth Story Telling is about creating a safe, sacred space for you to reflect on your journey from a new or different perspective, and to draw out wisdom in your evolution from Maiden to Mother. To complete the Rite of Passage, this must be integrated into your Postpartum time.

This isn't about reliving trauma or negative experiences, rather about remembering the moments you felt empowered and connected to your inner knowing. Harnessing this wisdom will be your guidepost in Motherhood.

To honor the Maiden, you begin sharing about before conception, the journey through pregnancy, and reflecting on any major events that happened during these times leading up to birth.

Then I invite you to share about your labor, birth, and early postpartum. You are the guide while I hold the space for you to release and reflect on whatever comes through, witnessing you with compassion and love.

After you feel complete, we do a grounding practice, preferably on the Earth, and reflect on what has shifted, what feels different, and any wisdom that has come through. I then guide you through a Birth Story Integration Meditation.



## CLOSING OF THE BONES CEREMONY

Closing of the Bones is a cross-cultural Postpartum Care tradition using a long shawl or scarf crossed and held tight across the body as a way to physically and energetically close the body after the expansive state of pregnancy and birth.

I learned this practice through my teacher, Rachelle Garcia Seliga of INNATE Traditions, who practiced traditional midwifery in Mexico for years before she created INNATE Postpartum Care. The lineage of this tradition is through her mother-in-law, Clara Alfaro Peña. The Rebozo (Mexican shawl) I use is handmade by Mexican indigenous women. I'm honored to be granted permission to carry this wisdom and sacred practice forward into my community.

The Closing of the Bones ceremony is a safe, sacred container for a Mother to be held, nurtured, and release emotions around her pregnancy, birth and postpartum experience, even 30 years after birth.

It's a physical body care practice to "close" the body, as the hips and pelvis will stay in an open birthing position, creating pelvic instability, for years to come if additional pelvic and abdominal work aren't done postpartum.

If possible, invite your partner or another support person who you trust and feel safe with to join, holding the other end of the Rebozo as a symbol of recognition and acknowledgement of completion of your Rite of Passage from Maiden to Mother.



# THE COMMUNITY CARE PACKAGE

*I would be honored to create sacred space for you to be seen, heard and held in your Rite of Passage from Maiden to Mother.*

## Community Care Package Includes:

*(4 hours)*

- Creating a sacred, safe space for you to share, process, release and integrate your Birth Story (*if your partner attends, there will be space for them to share their experience, too*);
- A grounding practice (*options for breath, movement practices, or going for a walk*);
- Meditation for integration and processing your birth story, inspired by the book *Mothering From Your Center* by Tami Lynn Kent;
- Closing of the Bones ceremony;
- Space for reflection over tea or broth, and a homemade, nutrient dense snack prepared and brought by me (*choose from the Menu below*)

**Investment (Sliding Scale) - \$300 - \$400**

*This can be 1-on-1 with me, or invite your partner/another support person to attend so they can also witness you, and be a part of Closing of the Bones.*



# BLISSFUL

## WOMB CARE

### THE REST, WARMTH & BODY CARE PACKAGE

(Choose one Tea OR Broth).

## TEA MENU

### FRESH GINGER, TURMERIC & LEMON TEA

*anti-inflammatory, soothing and warming  
for the digestive system*

### WHOLE SPICE CHAI TEA

*black tea with freshly ground warming  
spices and fresh ginger*

### RED DATE & GOJI BERRY TEA

*supports circulation, builds blood, supports  
spleen and qi replenishment*

### BLISSFUL POSTPARTUM TEA INFUSION

*warming, nervous system regulating, and  
anti-inflammatory*





# BLISSFUL

## WOMB CARE

### THE REST, WARMTH & BODY CARE PACKAGE

(Choose one Tea OR Broth).

## BROTH MENU

### CHICKEN BROTH

*roasted veggie & herb or  
lemongrass ginger*

### BEEF PHO BROTH

*with warming spices like ginger,  
cinnamon, cloves, and more*

### SHIITAKE IMMUNE BOOSTING VEGETABLE BROTH

*rich and flavorful, full of vitamins and  
minerals for immune support*







# BLISSFUL

WOMB CARE

THE REST, WARMTH &  
BODY CARE PACKAGE

(Choose one option).

## SNACK / SWEET MENU

CHOCOLATE-DIPPED NUT BUTTER  
STUFFED MEDJOOOL DATES

*tastes like a Snickers bar, but way healthier!*

CHOCOLATE CHIP BANANA OATMEAL  
COOKIES (FLOURLESS & GF).

*with cinnamon and walnuts*

FRESH GINGER POSTPARTUM CAKE

*with caramel sauce or whipped cream*

SWEET POTATO BROWNIES

*gluten free, with walnuts or coconut*

ENERGY BALLS

*double chocolate, peanut butter chocolate,  
cranberry coconut, or carrot cake*





# THE 5 ESSENTIALS OF POSTPARTUM CARE

The health and wellness of a Mother dictates the health and wellness of her family. This impacts the health and wellness of the community, with the ripple effect flowing to the collective.

If a Mother is supported by community, is well nourished with proper nutrient dense food, is cared for and feels safe, is seen in the duality of the beauty and challenges of being a Mother, and supports her body in overall health and wellness during Postpartum (*which is for life, not just the first 40 days*), her family and community will be positively impacted - for generations to come.

This will also energetically support and heal the women in her lineage who didn't receive this care, simply because she is the cycle breaker of this pattern of lack of Postpartum Care for generations.

The village and traditional, physiological care have been removed in our modern way of life, creating separation from one another, all while bypassing the necessary care required for Mothers and thriving life.

Healing this collective imprint of depletion and disconnection begins with healing Mothers through honoring and supporting them in their Postpartum time in 5 essential ways...



## REST

Extended rest is required for healing. Pregnancy, birth, breastfeeding and mothering put heavy loads on the Womb, body and mind, delaying healing and increasing the risk of Postpartum mental health challenges.

I support and dedicate time for you to be in bed while I tend to your baby, allowing you space to meditate, nap, have a shower, some touch free time and/or tend to your body with Warmth and Body Care practices.



## WARMTH/BODY CARE

Warmth and Body Care are essential for healing the Womb. Postpartum is a time of Yin where you are more susceptible to cold entering the body, especially through the Womb, which delays healing. This is why keeping your feet warm and eating warming foods is so important!

Body Care practices like Castor Oil Packs, Yoni Steams, Herbal Baths, and gentle massage with herbal infusion oils are all warming in nature, supporting healing of the Postpartum Womb and body. Warmth prevents blood stasis, while Body Care facilitates blood and lymph flow.



## NOURISHMENT

For 9 months you grew a human in your body through the food you ate and the stores in your body. Your brain shrunk by 5% at the end of pregnancy because your baby syphoned off your brain to develop theirs. Postpartum is a natural time of depletion,

especially while breastfeeding. This is why nourishment with whole, nutrient dense foods is crucial to replenish your body and support the growth of your baby. I come in and cook up a storm so you can be resourced and nourished.



## COMMUNITY SUPPORT

Women were never meant to do all of this alone. Our physiological design is rooted in a need for Community Support. None of the above is accessible in it's true healing form without Community Support. I support you and your support people in

bringing the above into your home so you are well nourished, supported and resourced. I also hold space for all the challenges of mothering, birth story telling and a safe space to be seen, held and honored in the sacredness of your journey.



# ADDITIONAL POSTPARTUM CARE PACKAGES

## The Rest, Warmth & Body Care Package

*(4 hours) - \$300 - \$400 sliding scale*

## The Nourishment Care Package

*(8 hours) - \$450 - \$600 sliding scale*

## The Community Care Package

*(4 hours) - \$300 - \$400 sliding scale*

PAY IN FULL FOR 3 PACKAGE VISITS  
(16 HOURS) - \$1,111

## OTHER OPTIONS

### 6 WEEKLY POSTPARTUM VISITS

IN THE FIRST 40 DAYS - 2 hour visits

*(12 hours) - \$900 - \$1,200 sliding scale*

### 6 WEEKLY POSTPARTUM YOGA CLASSES

FROM 2 WEEKS POSTPARTUM ON -

*75 minute X 6 private classes - \$555*

LEARN MORE & BOOK A FREE  
CLARITY CALL BY GOING TO MY  
WEBSITE BELOW!