



Invitation Yoga & Events

PARENTHOOD & PRENATAL
SERVICES AND PRICING GUIDE

2023-2024

ABOUT US

Our Mission for Mothers

After having two children, founder and owner Gina Hughes has an intimate knowledge that being a mother starts long before the baby arrives earthside. Pregnant mothers spend an exhaustive amount of time and effort researching breastfeeding, the optimal toys to purchase, the best infant foods, the desired sleeping arrangements- the list goes on. Yet, in the midst of all the preparation around the new arrival, the mother's wellbeing and self-care can easily fall by the wayside.

At Invitation Yoga & Events, it is our belief that taking care of and honoring the mother is essential for a healthy pregnancy and birth recovery.

Whether through hosting a baby shower, Mother's Blessing, or new parent's night out, Invitation Yoga & Events is honored to pamper the caregivers in your life.

Services and pricing guide

WHAT TO EXPECT

Our 5 step process

01

Submit the interest form on our website

This form allows you to personalize your yoga experience, relaxation method, and add-ons or a la carte options. You will also request an event date, share the purpose of your event, and estimate the number of guests in attendance.

02

Complimentary 30 min phone consultation

Schedule your phone consultation to co-create your event. Share your vision, budget, and special requests in more detail. Brainstorm venue options, if needed.

03

Receive your invoice and secure your date

After receiving your detailed invoice, secure your date by paying a 50% non-refundable deposit and signing the invoice and required waivers. Payment may be made via Zelle, Apple Pay, PayPal, or most major credit cards. No personal checks are accepted.

04

Secure your venue

Invitation Yoga & Events offers the flexibility to bring a personalized yoga experience to any indoor or outdoor venue of your choice. Venue costs are not included in the event packages and can be as simple as your living room or as luxurious as a private rental home, depending on your unique budget. If you need help finding or securing a venue option, Invitation Yoga & Events is happy to help.

05

Watch your dream event come to life

Approximately one week before the special day, Invitation Yoga & Events will contact you to ensure all parts of the event are planned to meet and exceed the desired vision. On the day of the event, expect the event facilitator to arrive at least 30 minutes before start time to set up. During this time, the facilitator will review the choices indicated on the package invoice, and the final payment will be made.

SERVICES & PACKAGES

Base Packages

All parenthood and prenatal base packages include 60 minutes of yoga and an additional relaxation method of the client's choosing.

Artistic make and take add-ons, as well as a la carte items, are also available to create a full event experience.



Base Packages

Private couples session for new parents

\$150

For small groups, up to 10 people

\$250

For mid-sized groups, up to 20 people

\$350

For larger groups, up to 50 people

\$450

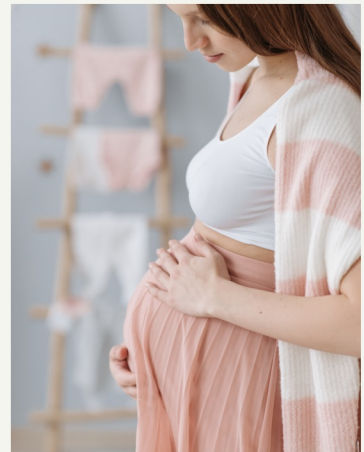
For groups larger than 50, contact for pricing.

SERVICES & PACKAGES

Signature Yoga Styles

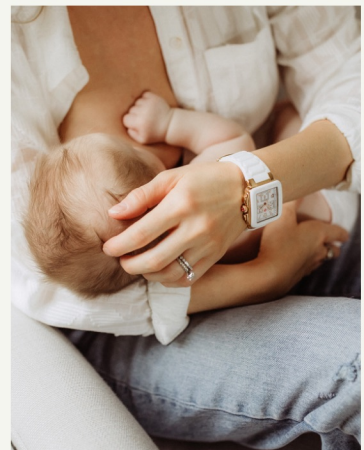
Prenatal Yoga

Perfect for baby showers, mother's blessings, and birthing classes, prenatal yoga sequences are specially designed to improve flexibility and strength while fostering relaxation in pregnant mothers. All poses facilitated in this yoga style are accessible and safe during pregnancy.



Postnatal Yoga

After birth comes healing. Whether recovering from a vaginal or cesarean birth, postnatal yoga focuses on the mother's needs during the first three months after birth, known as the "fourth trimester." Poses address a variety of common postpartum issues, including strengthening the pelvic floor, relieving neck and shoulder discomfort, improving endurance, and strengthening the abdominal muscles.



SERVICES & PACKAGES

Signature Yoga Styles

Couples Prenatal/Postnatal Yoga

Pregnancy and after birth can feel like an isolating time when parents are metamorphosing into new family roles. Reconnect and rekindle the spark with your significant other through a variety of safe and effective partner yoga poses. Participants physically support one another, guide each other to gently deepen their stretches, and tune in to their partner's needs and feelings. Couples Yoga can be facilitated privately or with groups of couples.



Adult & Child Yoga

Providing a unique way to bond with the child in your life, Adult and Child Yoga incorporates playful movement, therapeutic touch, and plenty of opportunities for sweet eye contact. Adult and Child Yoga is best suited for infants but can be tailored for children of all ages. Adult & Child Yoga is ideal for parenting groups such as MOPS, at-home play groups, birthing class reunions, or for birthing center clients.



SERVICES & PACKAGES

Signature Relaxation Methods

Sound Bath with Quartz Crystal Bowls

During a sound bath, the facilitator guides clients in a relaxation through sound. Participants are encouraged to find a comfortable position. People may use props such as eye coverings, blankets, bolsters, or pillows for added comfort. During that time, the facilitator uses a special mallet to “play” the crystal bowls, hitting them gently and then dragging the mallet around the edge of the bowl to extend and expand the sound. Each bowl is tuned to a unique Hertz frequency. The frequencies are said to align with different energy points in the body to encourage optimal energetic flow.



Guided Imagery for Parenthood & Birth

In guided relaxation, also known as guided imagery, the facilitator leads the clients through a positive birth or parenthood visualization, guiding them to envision various scenarios in their mind's eye. They may be asked to explore the setting they are imagining and answer questions for themselves along the way to allow participants to get in touch with their own inner knowing. Guided imagery is an especially powerful experience for new parents, parents wanting a VBAC birth, parents healing from a traumatic birth experience, or cycle-breaking parents who wish to raise their children in a way which is vastly different from how they grew up.



SERVICES & PACKAGES

Signature Relaxation Methods

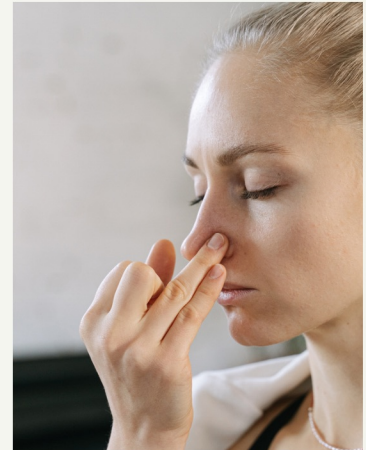
Breathwork Coaching

Breathwork coaching is designed to empower parents-to-be in pressure management during their birthing experience. A variety of breathing techniques are practiced and shared to support clients during specific stages of labor.

Types of breathwork taught include, but are not limited to:

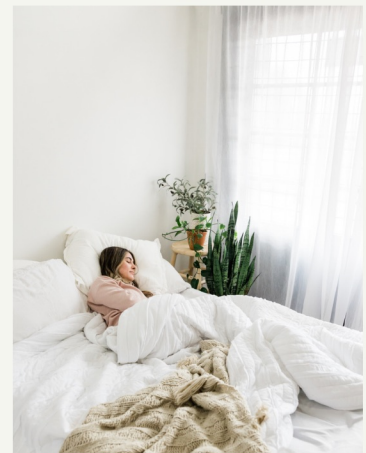
- Patterned breathing for pressure waves
- Slow breathing for mind relaxation
- Expulsion breathing

Breathwork coaching can also be tailored for parents after the birth of their children. These breathing methods promote emotional regulation in times of stress and sensory overload.



Extended Relaxation with Hands-On Assist

Extended relaxation with hands-on assist is the ultimate relaxation experience after a yoga sequence. Clients rest in a comfortable position while the facilitator provides gentle, hands-on pressure to areas of the body such as the shoulders, ankles, forearms, and calves. Gentle facial and occipital touch is incorporated with the option for pregnancy-friendly essential oils to create a full body experience.



SERVICES & PACKAGES

Package Add-ons

Cost of add-ons are calculated based on the number of attendees with the exception of a la carte options.

Package add-ons are items that are created during the event and brought home by the guests. All materials and instructions are provided.

STANDARD ADD-ONS \$

Beeswax candle stick making to light during labor and birth

3 panel watercolor motherhood affirmation banner

Baby carrier "library" demonstration

Red rope ceremony for expectant mothers

PREMIUM ADD-ONS \$\$

Epsom salt bath shots

Aromatherapy foot soak

Massage oil

10 panel watercolor motherhood affirmation banner

DELUXE ADD-ONS \$\$\$

Vision board with individual collage book

Mala beads

Fresh flower crowns

Mandala gem shadow box

A LA CARTE

Professional photography **\$255+**

Floral arrangement **\$100**

Personalized guest book **\$80**

Gift basket for guests (cost per person) **COST VARIES**

SERVICES & PACKAGES

Co-Create Your Perfect Event

FULL CUSTOMIZATION

Invitation Yoga & Events will work with you to design the perfect event to match any budget.

At Invitation Yoga & Events, we believe full customization truly brings the magic to your special day.

You're invited to co-create your dream experience with us, from the type of yoga experience, to the relaxation method, to the desired add-ons.

Through ongoing phone consultations and workshopping through shared Pinterest boards, Invitation Yoga & Events is honored and excited to plan above and beyond standard package options to make your unique vision a reality.