



ABOUT ME

WHO I AM...

Hi, my name is Imani and I'm passionate about reclaiming birth as your own. I specialise in supporting Black women and mothers from all backgrounds who plan to birth their babies with minimal intervention.

My approach is unique and it works. Using a mix of evidence- and intuition-based techniques, holistic and traditional methods, sound therapy, confidence-building exercises, and feminine honouring practices; I co-create unforgettable birth experiences with incredible women.

Labour is empowering and inherently safe. You deserve to be celebrated and feel supported in your ability to birth on your own terms. As your doula, I'll respect your preferences, protect you, and advocate for how you'd like to bring your baby into the world.

SCOPE OF SERVICE

I'm based in Brixton and am able to take on clients who live up to 45 minutes away from the station.

HELPFUL INFO

MY NICHE

I specialise in supporting Black women and mothers from all backgrounds who plan to birth their babies with minimal intervention.

MY BIRTH PHILOSOPHY

I believe that birth is natural, healthy, and not to be feared. With calm and gentle birthing techniques, and an emphasis on relational continuity of care, I provide evidence- and intuition-based support that respects your autonomy and prioritises your emotional wellbeing.

HOW I WORK

I work with you to build the skills and confidence to birth free of unnecessary interventions that can move the experience out of your control and into the realm of over-medicalisation. I trust that your body knows what to do and does it best when you feel safe. My job is to protect your space by keeping it calm, comfortable, and conducive to your preferences.

2024 AVAILABILITY

I'll be on maternity leave from mid-May. I'm unable to offer birth packages to clients due after 30th April 2024.

WHY ME?

With deep admiration for motherhood and the power of minimal intervention, I provide a one of one service. My unique blend of professional expertise and personal touch ensures I'm not just a doula but your advocate, confidante, and partner.

My approach is shaped by my richly diverse upbringing and my commitment to providing inclusive, feminine-led care. Raised by caring matriarchs, I value the power of community and women coming together to support one another. I'm committed to being someone you feel comfortable with and to co-creating the birth you want by amplifying your voice and protecting the preferences that make you feel safe. It is my priority to ensure that you will feel seen and respected.

My limited availability ensures a focus on quality, guaranteeing the attention and care you deserve. To view my qualifications, please click [here](#).

⚠️ I'll be on maternity leave from mid-May. I'm unable to offer packages to clients due after 30th April 2024

BIRTH PACKAGES

AYA

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Two** postpartum visits
- ✗ Virtual support after final postpartum visit
- ✓ Postpartum wrap guidance
- ✗ Aromatherapy provided
- ✗ Free Wave comb for labour
- ✗ Free postpartum belly wrap
- ✗ Free birth stool rental
- ✗ Sound therapy for labour
- ✗ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✗ Pay in up to 3 instalments

£1,800

ADD-ONS

SANKOFA

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Three** postpartum visits
- ✓ Virtual support until **two** weeks postpartum
- ✓ Postpartum wrap guidance
- ✓ Aromatherapy provided
- ✗ Free Wave comb for labour
- ✗ Free postpartum belly wrap
- ✗ Free birth stool rental
- ✗ Sound therapy for labour
- ✗ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✗ Pay in up to 3 instalments

£2,000

POSTPARTUM BELLY WRAP - £25

BIRTH STOOL RENTAL - £50

DUAFAE

- ✓ **Two** antenatal sessions
- ✓ Support from active labour
- ✓ **Three** postpartum visits
- ✓ Virtual support until **two** weeks postpartum
- ✓ Postpartum wrap guidance
- ✓ Aromatherapy provided
- ✓ Free Wave comb for labour
- ✗ Free postpartum belly wrap
- ✗ Free birth stool rental
- ✓ Sound therapy for labour
- OR Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✓ Pay in up to 3 instalments

£2,200

POSTPARTUM HONOURING CEREMONY - £120

SOUND THERAPY FOR LABOUR - £120

GYE NYAME

- ✓ **Three** antenatal sessions
- ✓ Support from active labour
- ✓ **Four** postpartum visits
- ✓ Virtual support until **three** weeks postpartum
- ✓ Postpartum wrap guidance
- ✓ Aromatherapy provided
- ✓ Free Wave comb for labour
- ✓ Free postpartum belly wrap
- ✓ Free birth stool rental
- ✓ Sound therapy for labour
- ✓ Post-p honouring ceremony
- ✓ Pay in 1 or 2 instalments
- ✓ Pay in up to 3 instalments

£2,400

NICHE OFFERINGS

SOUND THERAPY FOR LABOUR

I use my voice and instruments to create tones and vibrations that are harmonious with your ideal birthing environment. The drums I use help to reduce the intensity of contractions and offer a focal point to access a natural, altered state of consciousness. I also use a nebula light to augment the room and project calming patterns onto the walls and ceiling of your birthing room.

POSTPARTUM HONOURING CEREMONY

This is a women-only ceremony that takes place 30-40 days after you give birth. For around 2 hours, your loved ones and I will honour your transition into motherhood with physical and emotional gifts. Think of it as a relaxing postpartum celebration where the focus is on affirming you and showering you with love. The session starts with mirror work to build your confidence and begin to clear any suppressed negative emotions you may be feeling. I'll run you a healing bath with candles, herbs, and oils; and your loved ones will take turns to enter the room to share kind words with you. After this, we'll massage you with shea butter and warming oils, and wrap you up to lock in the love. The session ends with the sharing of food and jubilation in celebration of you.

FREE POSTPARTUM BELLY WRAP

Gye Nyame clients receive a free postpartum belly wrap. The gentle compression supports the body as it heals and may help the uterus to return to its pre-pregnancy size faster. Belly wraps also increase blood flow, help muscles to heal, and encourage good posture. You're advised to wear it for 4-6 weeks after delivery to make best use of the benefits.

WAVE COMB FOR LABOUR

The Wave comb is an acupuncture device for pain relief. Using the gate control theory, which states that your brain can only focus on a few sensations at the same time, it acts as a distraction for your brain so your body can adjust to the discomfort of labour. Please visit www.thewavecomb.co.uk for more.

BIRTH STOOL RENTAL

The Kaya Stool is designed to support the most natural and physiologically effective positioning throughout labour & delivery. For more please visit www.kayabirth.com.