



EMILY STUBER

LABOR DOULA

PRE & POSTNATAL YOGA INSTRUCTOR
SPINNING BABIES AWARE PRACTITIONER
REBOZO CERTIFIED

ABOUT ME

I spend time with my three year old son, husband, and dog exploring the beautiful outdoors of Colorado or enjoying a local craft beer. I teach yoga throughout the Denver metro and try to practice as often as I teach.

I am expecting my second child in late January/early February 2020!

WHAT MAKES YOU A GREAT CARE PROVIDER?

I strive to be a supportive, encouraging, and informative birth doula. I pride myself in supporting birthing people and their birth team through their pregnancy and birth journey-no matter what that looks like.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I love watching birthing people and their families/birth team transform and grow throughout pregnancy and birth. My favorite moment of any birth doula client connection is when a mama or birthing person recognizes the true limitless depth of their power and love as they meet their baby/ies.

WHAT SETS YOU APART FROM OTHERS?

I find a close synergy with birth and yoga-I work with birthing people to move in intuitive and bodily aware ways. I focus on breath as a powerful tool throughout labor and delivery. I am an energetic and positive presence for all of my clients.