



ADRIANA MEDICO

LABOR DOULA
PRE/POSTNATAL YOGA
GUIDED MEDITATION & VISUALIZATION

ABOUT ME

Given that I am somewhat of a spirit junkie when I am not practicing birth work I will most likely be practicing or teaching Yoga! Nurturing the mind-body connection is very important to me, my yoga and meditation practice keeps me in alignment with this connection. You can join me on the mat for a class at Flow Yoga Studio in Arvada! Outside of yoga, my joie de vivre can be felt in my love of music, travel, animals, and delicious food and drinks with my family and friends. I am also a part-time Nanny for a family in the Denver area who I love working for!

WHAT MAKES YOU A GREAT CARE PROVIDER?

I believe in practicing conscience support - creating a mindful, healthy, nurturing, compassionate, non-judgemental, and safe space for Mother and partner to express themselves freely. Healthy communications skills in the birthing space are so important. I always do whatever I can to help each person involved understand each other and support Mother how she has expressed is best for her. Caretaking comes naturally to me and helping humans energizes me. It is my philosophy that our inner guidance is what gives us a true advantage and it's my purpose to help Mothers use this philosophy to guide them through their pregnancy and birth.

WHAT DO YOU ENJOY ABOUT THIS WORK?

Helping Women! Empowering Women to elevate through this transformation with a newfound awareness of their own mental and physical strength. The Prenatal, Labor, and Birth process are so intimate and different for each birthing person. I enjoy working with women to uncover what is true for them, honoring whatever comes up, and using this information to help them align with their inner guidance and elevate through this transformation with newfound radiance, wisdom, and alignment.

WHAT SETS YOU APART FROM OTHERS?

As a seasoned yoga instructor and practitioner, I have studied the anatomy of our bodies and breathwork in combination with childbirth deeply. I have learned how to combine Yogic philosophies into the pregnancy & birthing space. This mindful embodied approach allows us to work with the truth and use what we have to progress honestly. This is your experience to choose and this is your time to shine; I am simply here to help you see these things more clearly.