



MEGHAN COLEMAN

LABOR DOULA
POSTPARTUM DOULA
PROFESSIONAL HERBAILST
BREATHWORK FACILITATOR

ABOUT ME

Between freelance writing (my other job), doula-ing, breathwork and childcare, life is pretty full! I'm originally from the South so a love for cooking and eating is in my bones and finding ways to make comfort food that's actually healthy is so much fun. You can also find me in the kitchen drinking pots of tea or making herbal products and tonics, out dancing with my fiance or in any body of water- the ocean and hot springs are my favorites.

WHAT MAKES YOU A GREAT CARE PROVIDER?

Years of traveling, teaching and volunteering abroad taught me to respect people's differences and cultivate a non-judgmental desire to understand them. Nurturing has always come naturally to me but working with young children and offering trauma-informed breathwork has expanded that skill. I can adapt to what is needed in the moment and help people navigate big waves of feelings and life changes. I believe in the connection of mind, body and spirit and see the deeper layers of meaning of things from a grounded perspective. I have a gentle and holistic approach to everything, especially birth and postpartum care.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I believe birth is a huge rite of passage and an opportunity to set the tone for positive life changes. I love seeing a woman discover how powerful she really is and how a baby brings so much magic and opportunity to slow down and reset. I love to nurture the well-being of the mother or family unit so they can focus on staying healthy and bonding with the baby. The window of birth and postpartum is so precious and I feel honored everytime I'm invited into it (life-calling over here)!

WHAT SETS YOU APART FROM OTHERS?

We all bring different skills to the table and I think there's a doula for everybody. My niche is in bringing emotional support and natural health knowledge to birth and postpartum. If you need herbal and nutritional advice or want to learn about alternative postpartum healing tools like vaginal steaming, I've got you. If you need to cry it out and work through your fears around birth and parenting, I'll be there. If you want to learn how to use breathwork to prepare for birth or ease anxiety postpartum, I can share that too.