



RACHEL HAUN

BIRTH DOULA
POSTPARTUM DOULA
YOGA TEACHER

ABOUT ME

I am a Doula, a part-time preschool teacher, and a yoga instructor. In each of my professional roles, I am able to support a wide range of individuals, but my true passion lies in helping women and children. I believe the wellbeing of the mother and child are connected, and I love supporting women and children from pregnancy, through the postpartum period, and into early childhood. In my free time I enjoy spending time outside, traveling to new places near and far, making music, and cooking with my loved ones. I also love to learn, and like to go to workshops, read, and take classes about different subjects.

WHAT MAKES YOU A GREAT CARE PROVIDER?

Caring for others has always come naturally for me. I started working with young children when I was 16, and have always loved helping those that need a little extra support. As a care provider, I listen, I stay peaceful, and I stay invested. Whether I am holding a crying child and helping them to calm down, or holding a cool cloth to a laboring mother's forehead, I stay peaceful and invested, and I listen to the one I am caring for.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I love this work because I truly believe it helps! Women were not meant to be isolated or alone during birth. I find so much joy in being able to provide unwavering support to women during birth, and in knowing that my efforts help. Being in the birth space is also another reason why I love being a doula. The birth space is sacred, beautiful, emotional and challenging. In the birth space, we let go of the outside world, we focus on our breath, and we feel everything deeply. The rest of the world does not operate like the birth space, and it is a gift to me to be able to operate in it. This work is beautiful, messy, and amazing, and now I do not want to do anything else!

WHAT SETS ME APART FROM OTHERS?

I have a unique educational background and hold a bachelor's degree in Integrative Healthcare. During my time in the Integrative Healthcare program, I took courses in Anatomy and Physiology, and others like Holistic Health, and Lifestyle Medicine. This educational experience allowed me to understand health in a special way, and I am able to see human health as an entire complex system. I believe our emotions and our mindset, are as important as our weight and cholesterol levels. This view of health and the healthcare system that I have, sets me apart as a doula, because I am able to advocate for the holistic, and not just physical health of the mother and child. I understand the importance of a healthy mindset in the birth space, and can help women to find a place of balance and peace while they labor. My yoga background also sets me apart, because I have learned a variety of meditation, breathing and mindfulness techniques that can be used during labor and birth.