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# LINDSAY MCMILLAN

LABOR DOULA  
POSTPARTUM DOULA

## ABOUT ME

As all chapters in life: focus changes, however two things that remain consistent is her interest in body movement such as dance/yoga, and transformational therapies! When not found expressing herself through Doula-ing, she is still Doula-ing!!...by caring for her loved ones, embracing nature, music, painting, cooking, writing, and family Doula-ing herself in symbiotic return.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

Lindsay is a compassionate individual with a strong interest in studying how the body can navigate healthy transitions. She is a trained yoga instructor with a bachelor's degree in interdisciplinary studies in social science with broad exposure to different areas of health. Throughout her post collegiate years, she has maintained her interest in exploring health of the body, mind and spirit through such avenues as yoga, practicing mindful psychology, healthy eating and travel. These are all qualities of a good care provider because, as she is ready and available for herself in these ways, so can she be truly of service to providing care outwardly.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

Lindsay cherishes the opportunity to emphasize this world feeling a welcomed place. She enjoys that this work provides pathways to balance and support our needs physically and emotionally in a way that is uniquely tied to each family she works with. This provides a level of honoring her soul mission to support and strengthen each individual as a puzzle piece of the whole.

## WHAT SETS YOU APART FROM OTHERS?

Lindsay is available to show up with personable support tailored to different family needs. Many of her experiences have not only allowed her to see into the realms of equitable loving support but have also led her to deeply appreciate the importance of family and value "showing up" and "being present" to truly experience life's beauty. How does this set her apart? Well, perhaps it doesn't! Yet her unique perspective does :).