



Zohra ~  
Doula & Perinatal  
Educator  
Emotional &  
informational support



### The Nest

A special circle/gathering for  
pregnant women

Sharing experiences, joy, fears  
and doubts. Asking questions  
about motherhood.



& also for parents to  
be/couples; it is  
important to include  
fathers

Motherblessing ✨

What is a mother  
blessing?



Mother's well-being is on  
focus

Care & Love

Setting positive intentions  
for pregnancy & Birth

Mix between cozy, relaxed  
& fun moments

Welcome to reach out  
to me

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