

**Pelvic Floor Specialist**

Dr. Ashley Hocutt, PT, DPT

[ashley@bluedoorpt.com](mailto:ashley@bluedoorpt.com)

[www.bluedoorpt.com](http://www.bluedoorpt.com)

(p) 845.293.3667

**Massage Therapist**

Dana Gonnella

[surraija@gmail.com](mailto:surraija@gmail.com)

ph. 201-874-8740

**Reiki Practitioner**

Kienan Lynch

[kienan.lynch@gmail.com](mailto:kienan.lynch@gmail.com)

**Energy Healing**

Bernadette Cavallo

[bernadettecavallo@yahoo.com](mailto:bernadettecavallo@yahoo.com)

**Shamanic Psychology**

Samuel Claiborne

845-687-4501

[Hvhealing.com](http://Hvhealing.com)

**Ortho-Bionomyealer**

Samuel Claiborne

845-687-4501

[Hvhealing.com](http://Hvhealing.com)

**Birth Centers**

1. [Neugarten Family Birth Center](#)
2. <https://hvparent.com/birth-centers>

**Midwifery**

1. <https://www.riverandmountain.net/homebirth/>
2. <https://doctors.healthquest.org/details/2771/whitney-hall-midwifery-rhinebeck?Specialties=14>

**Acupuncture**

Maryam Mehrjui

info@heartbodymindacu.com  
[www.HeartBodyMindAcu.com](http://www.HeartBodyMindAcu.com)

### **Pediatricians**

<https://www.bambini-peds.com/>

### **Community Services & Programs**

<https://www.awesomefoundation.org/en/chapters/newburgh>

### **Somatic Therapy**

Claire Owens

<http://somatictherapypractice.com/>  
[owenscl@gmail.com](mailto:owenscl@gmail.com)

### **Cranial Sacral Therapy**

Patricia Mader

347-336-2091 Cell

[patriciamadercst@gmail.com](mailto:patriciamadercst@gmail.com)  
[www.iahp.com/patriciamader](http://www.iahp.com/patriciamader)

### **Therapy**

Nicole Wagner, LCSW, CPD

[lotuspsych.com](http://lotuspsych.com)

914.505.7855 ext. 5

### **Mom Groups**

<https://moms.lotuspsych.com>

### **Prenatal Yoga**

1. [www.bibilorenzetti.com](http://www.bibilorenzetti.com)
2. <https://www.stonewaveyoga.com/>

### **Breastfeeding support groups**

1. <http://waddlenswaddle.com/services/breastfeedingsupport>
2. <https://lllusa.org/locator/>

### **Childbirth education Classes**

<http://beaconbirth.com/healthychildbirthclass.php>

### **Meditation Classes**

Paul Weinfield

<https://paulweinfield.com/meditation>

### **Ayurveda Practitioners**

1. Kate O'Donell  
<http://www.kateodonnell.yoga/>
2. Maria Rubinate  
[mariarubinate@yahoo.com](mailto:mariarubinate@yahoo.com)

### **Daycare**

1. <https://www.randolphschool.org/>
2. <https://mountainlaurel.org/>

### **Chiropractor**

<https://www.goinnate.com/>

### **Reflexology**

Julia Reimer

Nationally Certified Foot Reflexologist

T: 914-564-1240

### **Health Food stores**

Nature's Pantry

<http://naturespantryhv.com/>

### **Yoga Studios**

1. Ashtanga Yoga Newburgh  
<https://www.bibilorenzetti.com/newburgh>
2. Alma Yoga  
<https://almayogany.com/>
3. BeBhakti  
<http://bebhaktiyoga.com/>
4. Beacon Yoga  
<https://beaconyogacenter.org/>

### **Postpartum Doulas**

<https://www.wyldbirthandpostpartum.com/>

### **Placenta services**

<http://waddlenswaddle.com/hudsonriverdoulas>

### **Lactation Consultants**

<http://waddlenswaddle.com/services/breastfeedingsupport>

### **Diaper Services**

<https://www.babybegreendiaperservice.com/>

### **Doulas in other areas**

[westchesterdoulacare.com](http://westchesterdoulacare.com)

### **WIC Programs**

<https://www.wicprograms.org/ci/ny-beacon>

### **Helpful sites for pregnancy**

<http://www.childbirthconnection.org/>

### **Cesarean Information**

<https://www.ican-online.org/>

### **Vbac Information**

<https://vbacfacts.com/>

<https://youtu.be/ZGmjEtvM7B8>

### **Reflexology**

Julia Reimer

Nationally Certified Foot Reflexologist

T: 914-564-1240

### **Baby Sleep**

[www.takingcarebabies.com](http://www.takingcarebabies.com)

### **Breastfeeding information**

Breastfeeding Inc. – [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca) (video clips)

Breastfeeding Made Simple – [www.Breastfeedingmadesimple.com](http://www.Breastfeedingmadesimple.com)

Baby-Led Breastfeeding – The Mother-Baby Dance DVD – <http://www.geddesproduction.com/breast-feeding-baby-led.php> The Magical Hour DVD – <http://magicalhour.com/index.html>

### **Postpartum online resource**

Mother-Baby Behavioral Sleep Laboratory – <http://cosleeping.nd.edu/> Postpartum Progress –

<http://www.postpartumprogress.org/>

Postpartum Support International – [www.postpartum.net](http://www.postpartum.net)

Prevention and Treatment of Traumatic Childbirth (PATTCh) – <http://pattch.org/> Solace for Mothers – <http://www.solaceformothers.org/>

**Stages of Labor**

<https://youtu.be/rmW5w-rACSI>  
<https://youtu.be/wK0322NJW7Q>

**The Hormones of Labor**

<https://youtu.be/Zp- HCxDrP8>