



There is no limit to the number of different emotions a woman encounters when she becomes pregnant, the combination of physical changes she experiences, or the flood of sought and unsought information that she receives. When I began my Prenatal Yoga Teacher Training, I recognized my deep interest in pregnancy and birth, and decided to train with DONA International (Doulas of North America) to become a Birth Doula. I quickly realized how overwhelming (or underwhelming!) this time can be. I truly believe that each woman (or couple) is unique, and able to make excellent decisions for herself when she has access to relevant and accurate information. This is magnified when that information is delivered by someone who is educated, caring, and empathetic. Creating a new life can be one of the most primal, fundamental experiences of our existence. It may feel joyful, challenging, unexpected, and always changing. At every moment, I am truly inspired by the incredible strength of women. I am committed to helping empower you to have the experience that is authentic for you, throughout pregnancy, childbirth, and the birth of your family.

Madelaine's Experience and Education

- DONA International Birth Doula Training
- HypnoBirthing Education: The Mongan Method Training
- Breastfeeding Seminar for Birth Professionals (Timéa Szalay, IBCLC)
- Birth Preparation – Mount Sinai Prenatal Education
- Certified Prenatal & Postnatal Yoga Teacher – YogaSpace (Sasha Padron)
- Yoga Alliance-Certified Yoga Teacher – YogaSpace 200-Hour Yoga Teacher Training & Jivamukti
- Yoga 300-Hour Yoga Teacher Training
- Bilingual (English & French)
- Personal qualities include a calming presence, empathy, warmth, intuition, & intelligence



I believe that pregnancy and birth have the potential to be one of the most transformative experiences in our lives. Knowing the value of compassionate and unconditional support during this sensitive and exciting time is what has drawn me to the path of the Birth Doula.

My deep passion for women's health is what began my path as a Doula. Knowing that education is the root from which knowledge, growth, and ultimately empowerment stems – I put strong emphasis on informed decision making for parents. Having ongoing, compassionate and unconditional support during pregnancy, labour, and postpartum allows for much comfort and reassurance – whether you choose to labour at home or the hospital, with a doctor or midwife.

Feeling drawn to the path of the birth partner, I have studied the mysteries, challenges, and profound life lessons that birth brings to us all. Drawing on 10 years in the field of holistic and complimentary health care, I guide each parent through this transformative experience with insight and intuitive wisdom. As a Doula and Childbirth Educator, I have trained with DONA as well as Birthing From Within. I have additional training in the use of acupressure during labour, Hypnobirthing, prenatal yoga, as well as pre and post natal nutrition.

My gentle and nurturing approach offers parents the opportunity to explore this very special time in their lives. I would be honoured to share the unique experience of birth with new moms and their partners, to be both guide and companion on your child's journey and yours.



Ever since I can remember I have wanted to be a mom, so for my summers off as a teenager I worked as a nanny for infants and young children. This passion for nurturing & supporting others continued to grow and blossom as I volunteered on pediatric hospital wards, taught kids skiing & sailing, and finally found a love of teaching yoga. Supporting expecting women in a prenatal yoga class while they prepare mentally and physically for the birth of their new child, and then also seeing the “birth” of themselves as a new mom when they come back to a postnatal yoga class with baby is truly an honor. Everyday I learn something new from the stories we share during and after class, and it makes my heart smile to see the new friendships formed amongst the moms-to-be. Becoming a Birth Doula through Birthing From Within & DONA (Doulas of North America), has been the most rewarding experience of my life. Being able to support a family through the experience of welcoming their first child into the world, or excitedly welcoming another child into a loving family is extremely rewarding. My sister, (a midwife) is the person who most influenced and supported me in the decision to become a Birth Doula – and I am SO grateful that she did. To be able to support a woman and her birth partner through this most beautiful, yet challenging journey, has been not only mind blowing, but grounding as well. Women are so incredibly strong, and once they truly trust that, and their bodies own innate wisdom they have the power to do anything! Each and every birth that I have been so lucky to be at as a Birth Doula has been unique, be it at home or at a hospital, with or without intervention, a vaginal birth or cesarean birth, with a doctor or with a midwife. Supporting families from all walks of life towards the birth experience that they desire is my birth philosophy. I can't wait for all of the births I will have the honor to attend in the future.. And yes.. hopefully one day very soon.. even my own. During my “me time”, I enjoy sailing, painting, cooking, writing, walking my dog and many other soul nourishing activities.

Tiffany's Experience and Education

- Birthing From Within Doula & Mentor Training
- DONA International Birth Doula Training
- Breastfeeding Seminar for Birth Professionals (w/Timéa Szalay, IBCLC)
- Birth Preparation - Humber College Prenatal Education (12hr)
- Accupressure for Doulas Training
- Certified Prenatal & Postnatal Yoga Teacher – YogaSpace (w/Sasha Padron)
- Yoga Alliance-Certified Yoga Teacher – Jivamukti Yoga 300-Hour Yoga Teacher Training
- First Aid & CPR for Adults, Infants & Kids
- Honors Bachelor of Fine Arts Degree (BFA)