



THAI RICHE

**Holistic Birth worker, Certified Lactation Consultant,
& Prenatal Yoga Instructor**

Hi, my name is Thai Riche. I am a self-confessed birth nerd, promoting, educating, and empowering women to nourish their wombs while preparing birthing persons for an informed and positive birth. I do this by honoring and practicing the traditions of our ancestors, with rituals, supporting clients on their journey of healing and self-love, with reiki, and holding space for clients to awaken their inner goddess.



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New York City Area

WORK EXPERIENCE & TRAININGS

LABOR • BIRTH DOULA, POSTPARTUM DOULA

2018-Present

- I have supported 20+ birth and 100+ families postpartum (lactation support)
- Supporting clients from diverse backgrounds during pregnancy, birth/ labor, and postpartum
- Provide perinatal doula support, education, and guidance to expectant families through a holistic model of care
- To provide multiple layers of support, emotionally, mentally, physically, and physiologically
- Support for feeding options (body/breastfeeding or bottle feeding)
- Breastfeeding/Lactation Support
- Mental and Emotional Wellness

TRAINING

Education

- Certified Lactation Counselor
- Certified Birth and Postpartum doula
- Health Coach, Peri-steam Facilitator (Vaginal and Womb health)
- Reiki II energy healer
- Prenatal Yoga Instructor
- Infertility and Sex doula
- Kennesaw State University with dual degrees, a B.S. in Psychology and a B.A. in International Affairs with a concentration in Diplomacy.

FEATURES/AWARDS/FUN FACTS

My greatest joy and most humbling accomplishment is being the proud mother of a teenager, my "sonshine" Elijah who keeps me honest and definitely on my toes. Native to New York, residing on Long Island, am a foodie and enjoy replicating and creating new meals. My love language is acts of service. I am an empath and find gratitude when working on your healing and ensuring you are in alignment. Proud first generation Haitian American, speaking fluently in Haitian Creole and integrating my Afro-Caribbean culture to embody and embrace the African goddess OSHUN, known and venerated by the Yoruba people as the river Orisha, she represents water, purity, fertility, love, and sensuality

I'm a major foodie, terrified of squirrels, and under 5 ft (small and mighty).



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