


My mind is  
relaxed and my  
body is relaxed

Every Birth Matters



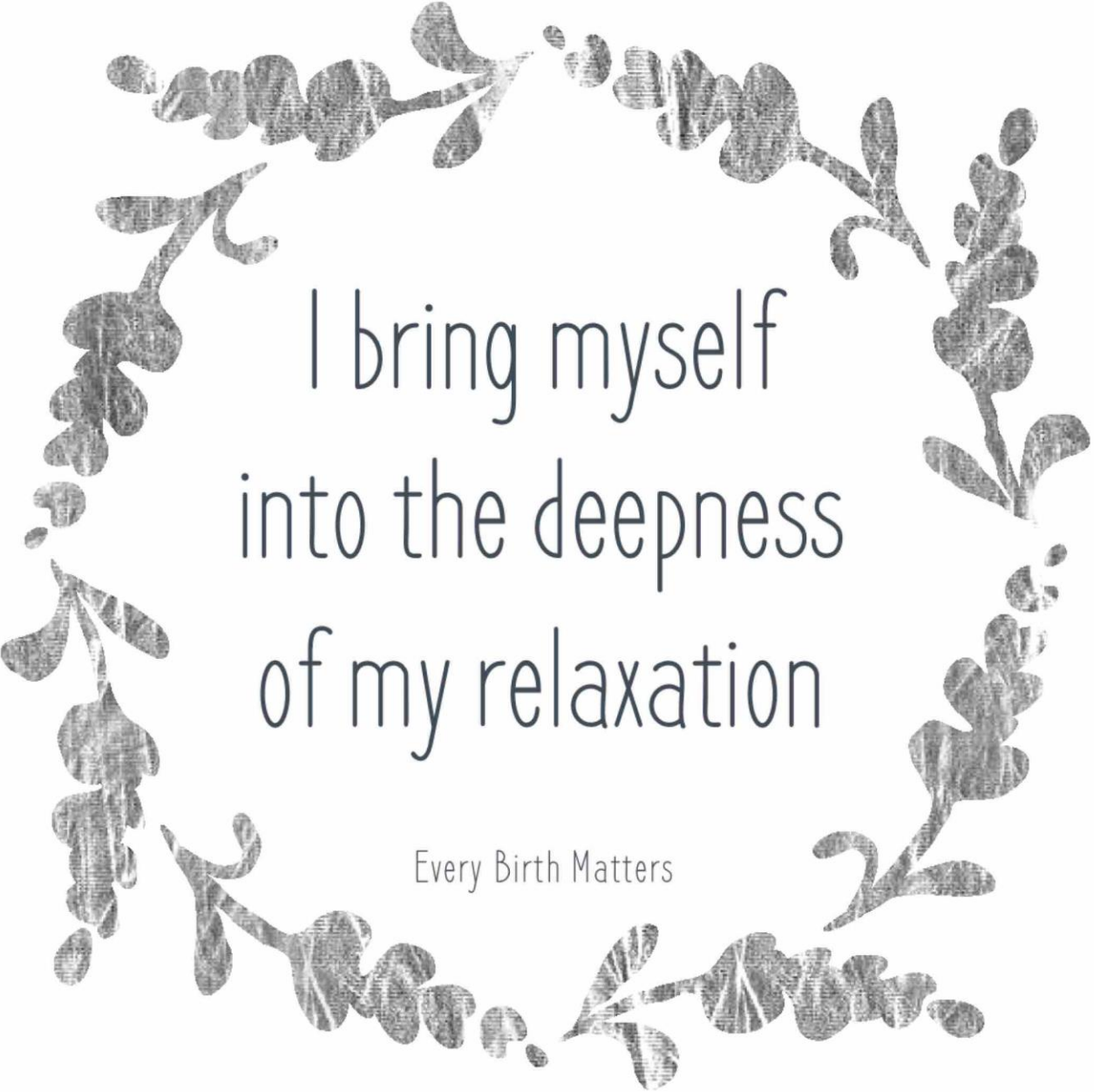
I feel confident,  
I feel safe,  
I feel empowered

Every Birth Matters



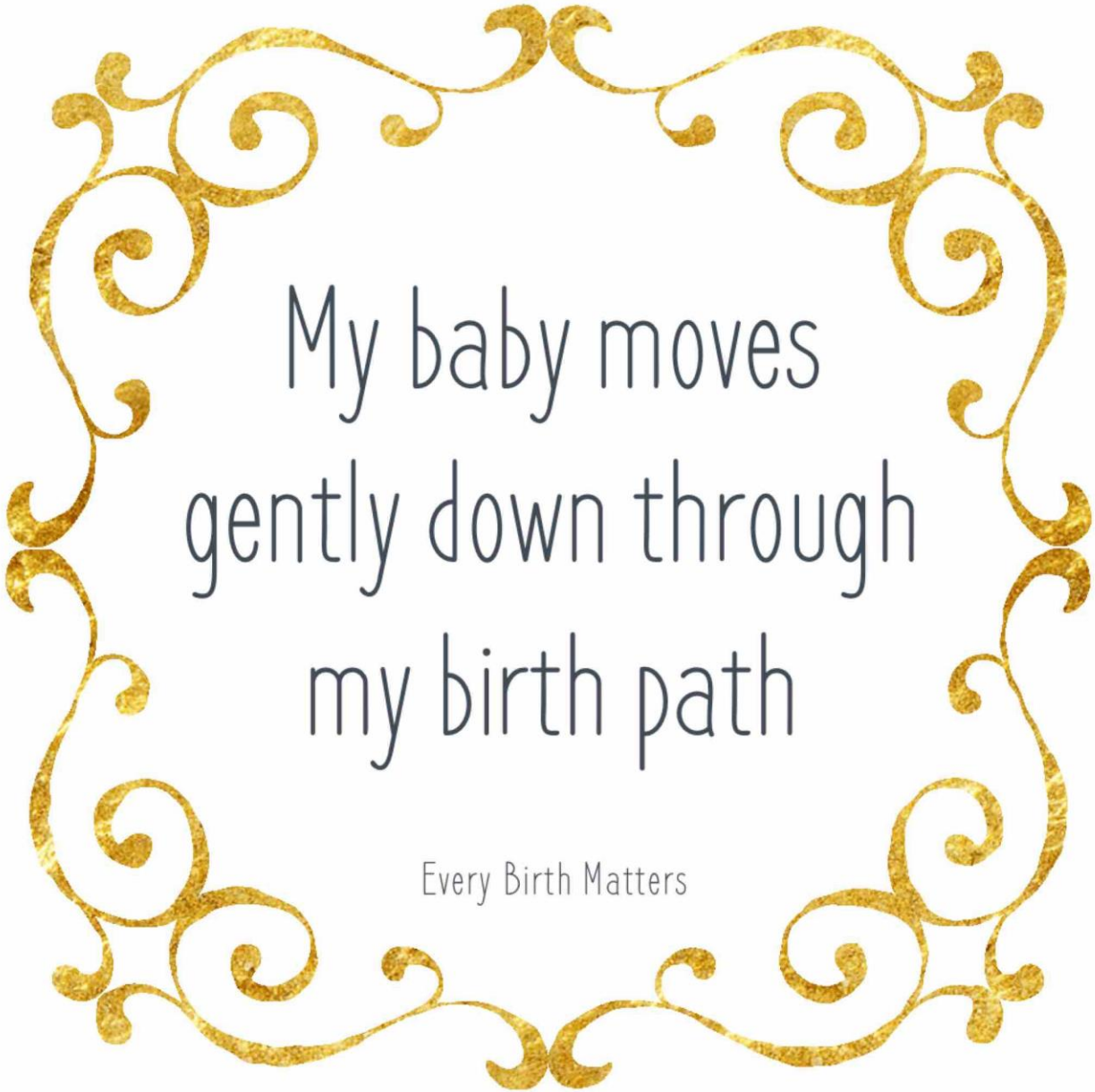
I trust my  
body and my  
baby

Every Birth Matters




I bring myself  
into the deepness  
of my relaxation

Every Birth Matters



My baby moves  
gently down through  
my birth path

Every Birth Matters



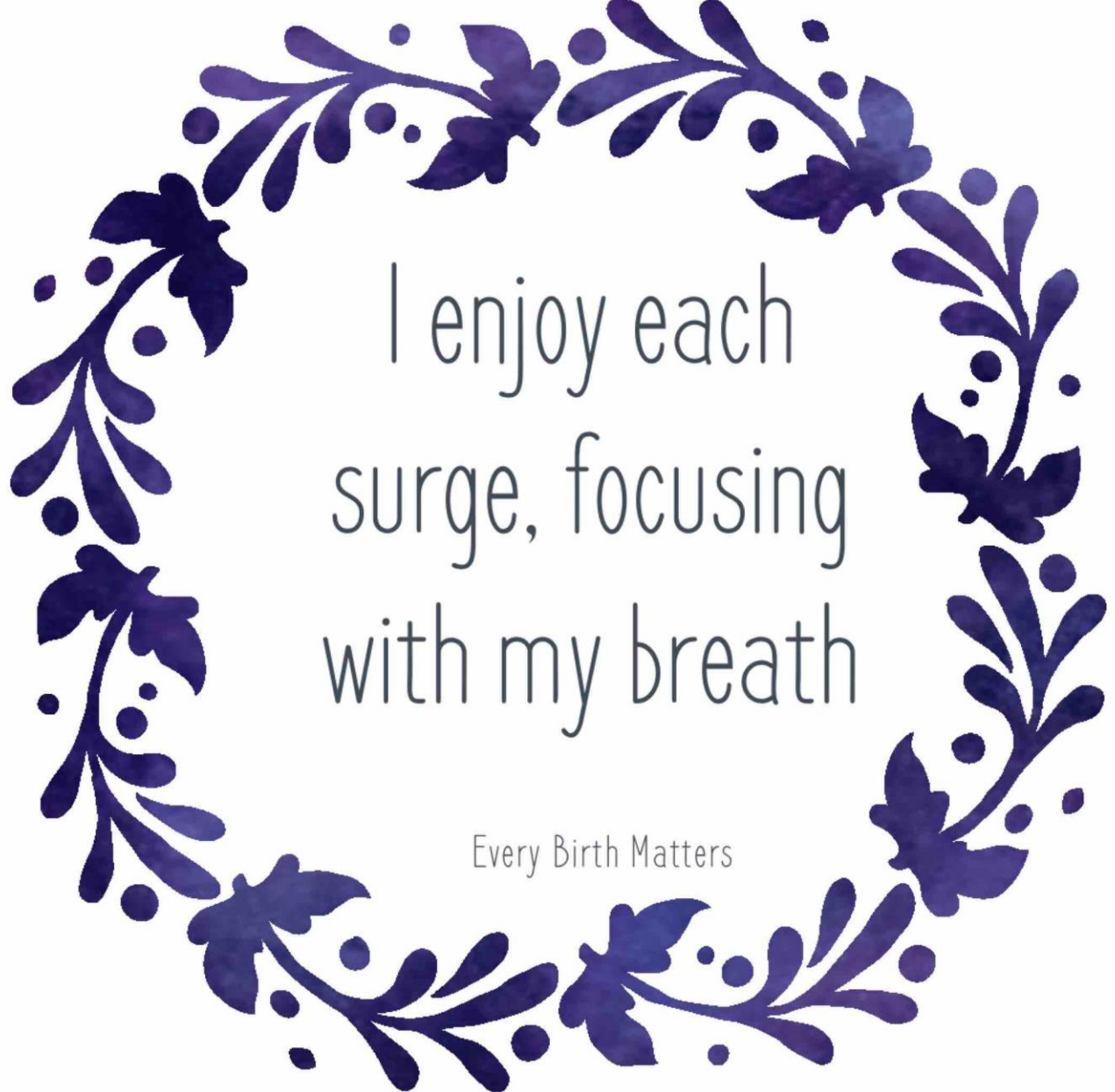
I see my baby  
coming smoothly  
into the world

Every Birth Matters



I send love to  
my baby as  
labour advances


Every Birth Matters



I enjoy each  
surge, focusing  
with my breath

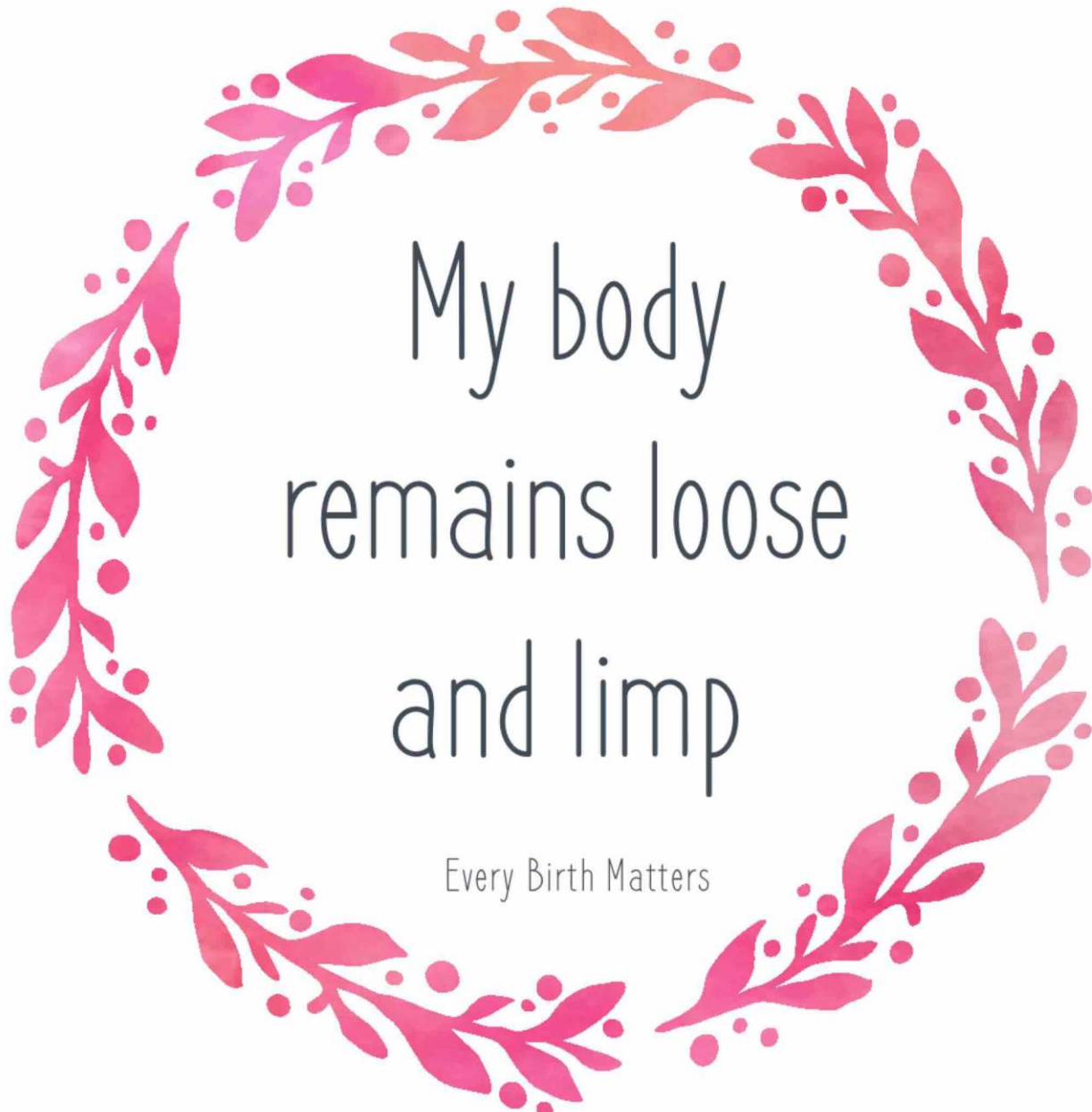
Every Birth Matters





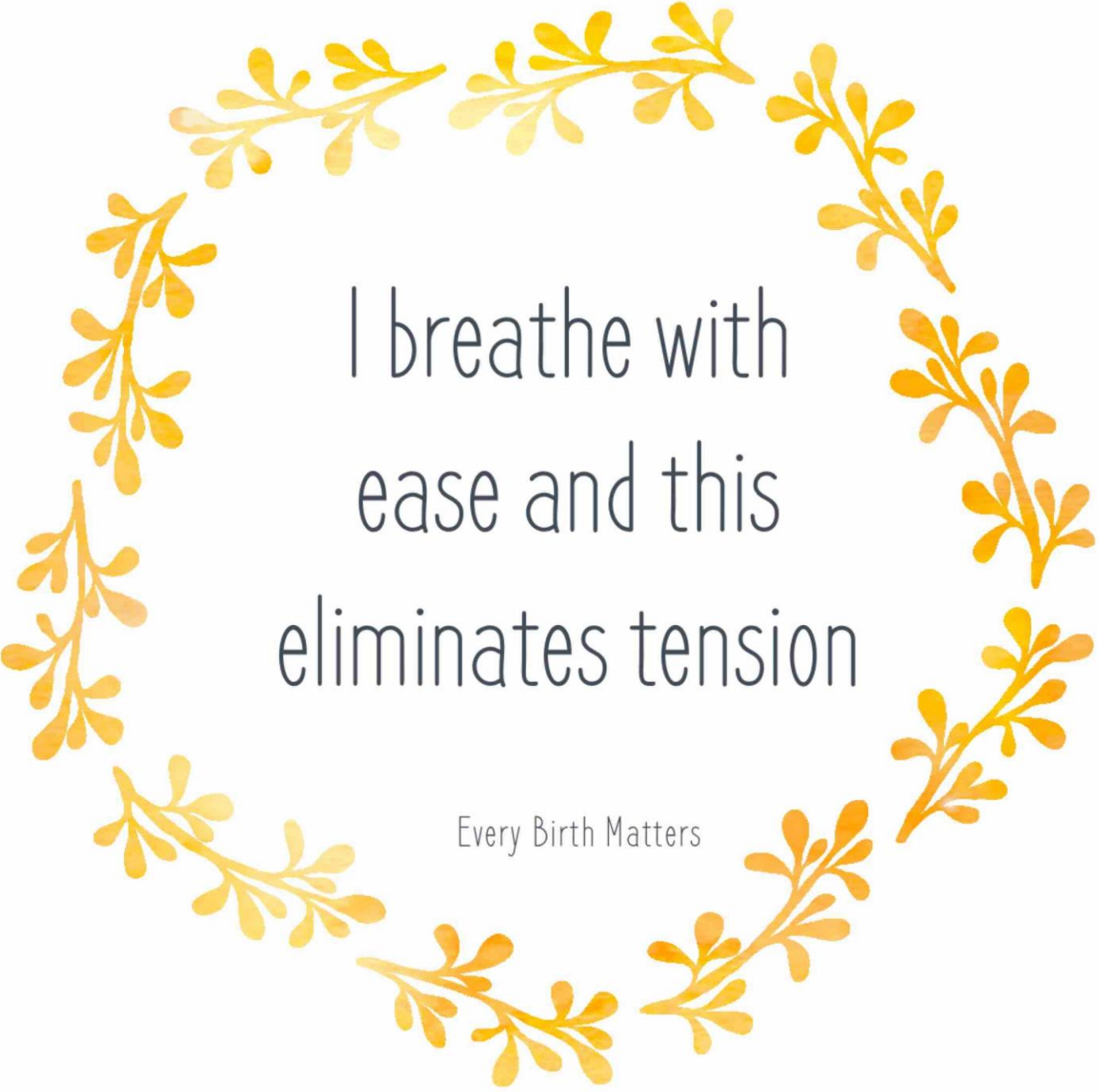
I am prepared to  
meet whichever  
turn my  
birthing takes

Every Birth Matters




My body  
remains loose  
and limp

Every Birth Matters



I breathe with  
ease and this  
eliminates tension

Every Birth Matters



I feel the rhythm  
of my body sway  
as i relax

Every Birth Matters