

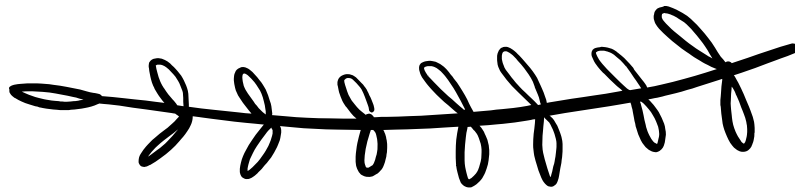


MY BIRTH
PARTNER IS
BY MY SIDE AND
ON MY SIDE

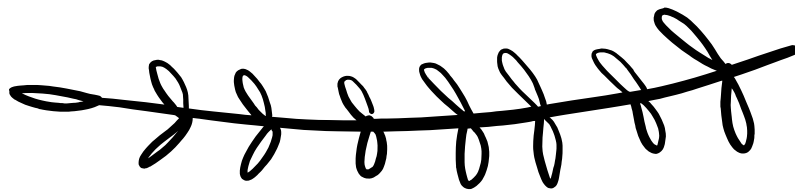




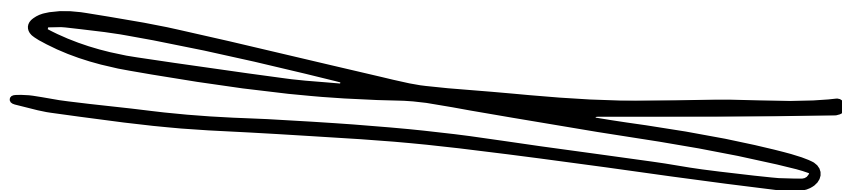
I AM CALM



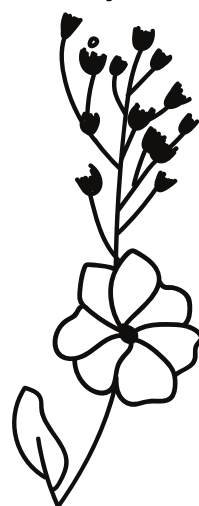
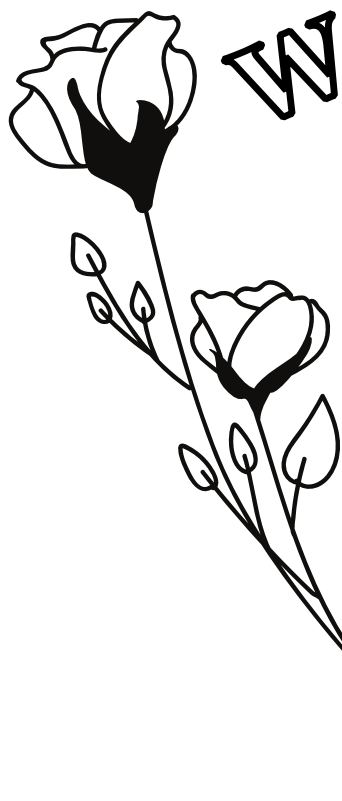
I AM SAFE



I AM RELAXED



My baby
will come
when my
baby is
ready


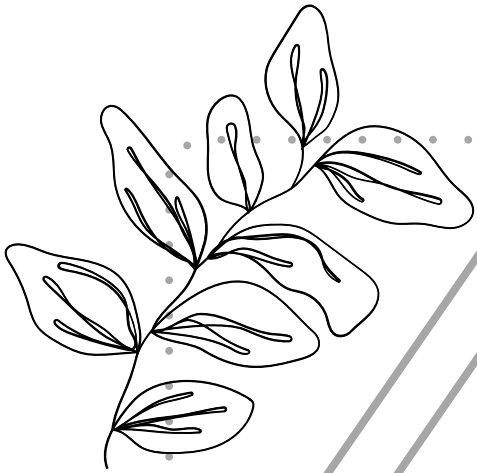


THERE IS
NOTHING
TO FEAR






EACH WAVE
BRINGS ME
CLOSER TO
MEETING MY
BABY



i n h a l e
p e a c e

e x h a l e
t e n s i o n





I RELAX
I RELEASE
I OPEN





I BELIEVE

in my

POWER

TO BIRTH

my BABY





— TO ME AND RESPECT MY PREGNANT BODY —





what is for me
will not pass by
me

