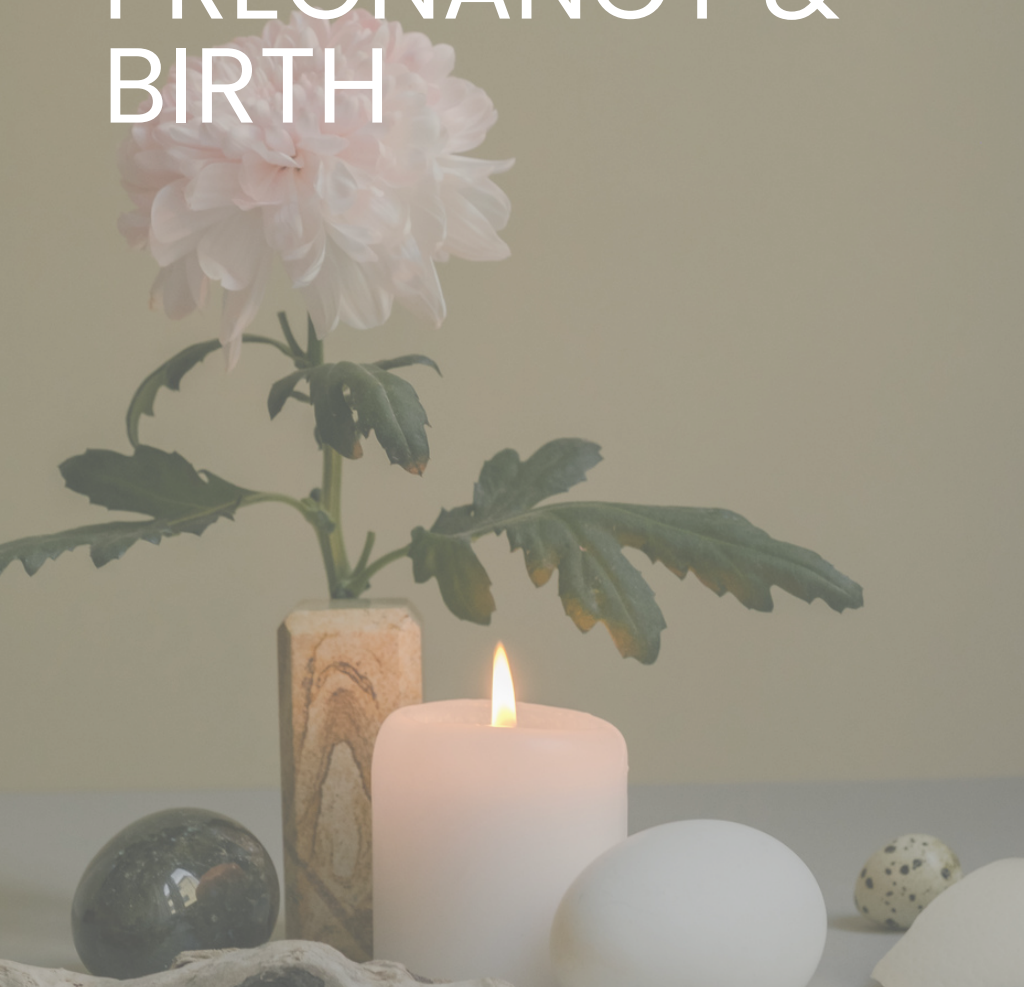


YOUR GUIDE TO A HOLISTIC PREGNANCY & BIRTH



HOLISTIC BIRTH

with aoife



QUIET YOUR MIND

During your pregnancy it's important to prioritise yourself and your wellbeing. Our lives are busy filled with so many distractions, it can be difficult for our minds to catch a break. Learning to quiet your mind during pregnancy will help you deal with tiredness, stress and anxiety that might arise but also help you to prepare your mind for labour & birth. Creating a dedicated space at home where you can relax, overtime, will help to signal to your mind that it's time to be at ease. I encourage students to set up a corner of the living room or bedroom, a spot where you won't be disturbed. You can enhance the space by adding anything that makes you feel calm - a yoga mat, a candle

aromatherapy oil suitable for pregnancy*, a photo of a loved one, affirmation card. Each morning or evening arrive at your space. Light your candle or apply some aromatherapy oil. Sit comfortably on the floor, a cushion or a chair. Close your eyes. Take a full deep breath in then sigh out of an opened mouth. Continue to sit quietly for a few moments and focus on the rhythm of your breath flowing in and out of your body gently. Place your hands on your belly & take a moment to focus your attention on the presence of your baby. Spend a few quiet moments together before slowly opening your eyes.

**Lavender, chamomile, and ylang - ylang are suitable for use in pregnancy. They will relax, calm and aid sleep.*



MOVE YOUR BODY

Once tailored to your unique pregnancy and capabilities moving your body during pregnancy has so many benefits for you and your baby. It can help to ease discomfort, build strength and endurance, enhance your mood, improve your sleep and even help you to prepare for labour.

Many poses practiced in pregnancy yoga classes double up as fantastic positions for labour and even birth. If you think of the journey your baby has to take to navigate its way out through the pelvis, any upright forward leaning positions that allow your tail

bone to move freely and gravity to assist the process are great ones to practice.

Try this sequence*:

- **Child's Pose**

From a tabletop position sit your hips back onto your heels. Lengthen your arms away from your body.

- **Table Top**

Inhale back to tabletop, try circling your hips to the right and to the left.

- **Cat/Cow**

From tabletop press your hands into the mat, tuck your chin to your chest & round your back. Lift your chin towards the ceiling and let your belly gently tilt towards the floor.

- **Lunges**

From table top step your right leg forward coming into a lunge option to lift your arms in the air. Come back to table top & repeat to the left.

- **Child's Pose**

Repeat as above and rest.

Also available on video. Click [here](#).

**Listen to your body and only practice these poses if it feels comfortable to do so. If pain occurs stop.*



REST YOUR SOUL

Taking the time to rest and relax during pregnancy ensures that you are prepared for your labour and birth. We have to ensure we make time to practice the somewhat lost art of deep relaxation.

There are many tools and techniques that you can practice during pregnancy to help you to find a deep sense of relaxation. These might include: breath work suitable for pregnancy, guided imagery, guided body scans, meditation or even mindfully walking in nature. Try to dedicate some time away from screens to practice relaxing.

Take the time during pregnancy to try all the different tools and techniques out there so that when it comes to labour you will have a bank of options that you can draw from.

My favorite relaxation technique to teach is a guided body scan. This involves focusing your attention on different parts of your body, usually starting from the toes and working your way up to the head. Take a moment in your dedicated space to listen to the track below.

To listen to the audio file click [here](#).

LEARN TO TRUST YOUR INTUITION & PREPARE YOUR MIND, BODY & SOUL.

Nurturing your body, mind and soul during your pregnancy has so many wonderful benefits. Not only does it help you bond with your baby, but research shows it helps you to prepare for labour and birth. As you embark on this remarkable journey towards birth, it is crucial to learn to trust your intuition and prepare for the transformative experience ahead. Your intuition - that innate and powerful guidance within will be your loyal companion throughout your pregnancy, birth and parenthood.

I offer pregnancy yoga classes, private and small group birth preparation workshops, and doula support. Call or email me today to discuss your pregnancy and birth needs.

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