

# Section 1 Pregnancy & Birth

These are the tracks you'll need to have a more positive pregnancy, and develop the skills you need to give birth with confidence, relaxation, and receptivity.



## Welcome to Rachel's Pregnancy and Birth Program 7 mins

Purpose: Tells you what you are going to get from the program.  
Shares the vision and passion of the program.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom &amp; Partner</i>	<i>Before starting</i>	<i>A Few times</i>	<i>Any</i>	<i>Any</i>

Track

1

## Things to Know About Using this Program 5 mins

Purpose: Explains some aspects of the program and makes some requests and suggestions.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom &amp; Partner</i>	<i>Before starting</i>	<i>A Few times</i>	<i>Any</i>	<i>Any</i>

Track

2

## Guided Hypnosis for Pregnancy 16 mins

Purpose: Release into a deep state of relaxed concentration quickly and easily.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom</i>	<i>Early through late pregnancy</i>	<i>Daily</i>	<i>sitting or lying down</i>	<i>Only if desired</i>

Track

3

## Relaxation & Affirmations for Pregnancy 22 mins

Purpose: Get into a very relaxed state, and then fill your mind with statements, suggestions, and visions that help you have a better pregnancy.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom</i>	<i>Early through late pregnancy</i>	<i>Daily</i>	<i>Lying down</i>	<i>Yes / A few times</i>

Tracks

4-6

## Relaxation & Affirmations for the Birth Partner 24 mins

Purpose: Provide birth partner with deep relaxation, and learn what to do, what to say, and what is needed to be the best pregnancy/labor companion possible.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Partner</i>	<i>Through pregnancy</i>	<i>Daily</i>	<i>Any</i>	<i>Yes / A few times</i>

Tracks

7-9

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## Ultra Depth Relaxation 27 mins

Purpose: Deep, healing, restorative relaxation.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Everyone	During pregnancy, birth and beyond	As often as possible	Lying down	Yes / Regularly

Track

10

## Breathing Instructions & Practice 27 mins

Purpose: 4 essential breathing techniques for labor (and more).  
Learn how to apply them and practice several rounds of each. It's a must!

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	As early as possible	until techniques are mastered	sitting or lying down	Yes / As many as needed to learn techniques

Tracks

11-16

## Guided Hypnosis for Later Pregnancy and Birth 20 mins

Purpose: A technique to release into a deep state of relaxed focused concentration, and go in and out of that state easily.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	Daily	Lying down, supported hands/knees, toilet, bath	Only if desired

Track

17

## Relaxation & Affirmations for Later Pregnancy and Birth 24 mins

Purpose: Get into a very relaxed state, and then fill your mind with statements, suggestions, and visions that help you have a better birth.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	Daily	Lying down, supported hands/knees, toilet, bath	Yes / A few times

Tracks

18-20

## Labor and Birth Rehearsal 76 mins

Purpose: Visualize the birth and practice the breathing. It's essential!

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	A few times a week before bed	Lying down, supported hands/knees, toilet, bath	Yes / A few times

Tracks

21-29