



**YES TO BIRTH!**  
with Rachel Yellin

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**Pregnancy Birth & Beyond  
Listening Guide**

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# 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

# 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.



## 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? |
|--------------------|---|-----------------------------|-----------------------------------|---|
| <i>Everyone</i>    | <i>During pregnancy, birth and beyond</i> | <i>As often as possible</i> | <i>Lying down</i>                 | <i>Yes / Regularly</i>                    |

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?          |
|--------------------|-----------------------------|--------------------------------------|-----------------------------------|--|
| <i>Mom</i>         | <i>As early as possible</i> | <i>until techniques are mastered</i> | <i>sitting or lying down</i>      | <i>Yes / As many as needed to learn techniques</i> |

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? |
|--------------------|--|--------------|--|---|
| <i>Mom</i>         | <i>After 32 weeks and during birth</i> | <i>Daily</i> | <i>Lying down, supported hands/knees, toilet, bath</i> | <i>Only if desired</i>                    |

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? |
|--------------------|--|--------------|--|---|
| <i>Mom</i>         | <i>After 32 weeks and during birth</i> | <i>Daily</i> | <i>Lying down, supported hands/knees, toilet, bath</i> | <i>Yes / A few times</i>                  |

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? |
|--------------------|--|--------------------------------------|--|---|
| <i>Mom</i>         | <i>After 32 weeks and during birth</i> | <i>A few times a week before bed</i> | <i>Lying down, supported hands/knees, toilet, bath</i> | <i>Yes / A few times</i>                  |

Tracks

21-29

# Section 2 After the Birth

These tracks will enable you and your partner to have more confidence in your parenting, rest whenever possible, and feel supported in feeding your baby.



## Welcome to Rachel's Post Partum Program 4 mins

Purpose: Explains the program and how to use it.

| Who should listen? | When?                            | How often? | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|----------------------------------|------------|-----------------------------------|---|
| Mom & Partner      | Before listening to other tracks | Once       | Any                               | Yes / Once                                |

Track

1

## Sleep Hypnosis for Parents with Babies 18 mins

Purpose: Be put to sleep easily, and helps you fall back asleep when you've woken up.

| Who should listen? | When?              | How often?             | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|--------------------|------------------------|-----------------------------------|---|
| Mom & Partner      | After baby is born | When you want to sleep | Sleeping position                 | Yes / Often                               |

Track

2

## Relaxation & Affirmations for Parenting 19 mins

Purpose: Fill your mind with statements, suggestions, and visions that help you have ease in parenting.

*\*Affirmations only can be listened to by themselves.*

| Who should listen? | When?              | How often? | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|--------------------|------------|-----------------------------------|---|
| Mom or Partner     | After baby is born | Daily      | Any                               | Yes / Often                               |

Tracks

3-5

## Loving Breastfeeding 21 mins

Purpose: Connect with your baby and learn more ways to support breastfeeding.

| Who should listen? | When?  | How often?            | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|--|-----------------------|-----------------------------------|---|
| Mom                | A few times before birth and during breast feeding | When you want support | Any position for nursing          | Yes / A few times                         |

Track

6

## Connected Bottle feeding 16 mins

Purpose: Connect deeply with baby while bottle feeding.

| Who should listen? | When?              | How often?                | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|--------------------|---------------------------|-----------------------------------|---|
| Mom or partner     | While feeding baby | Any time you need support | Any position for feeding          | Yes / A few times                         |

Track

7

# Section 3 Going Deep

Going deep will last you the rest of your life. It will help you sleep, feel grounded, clear your mind, and bring you into ultimate deep relaxation.



Track

1

## About "Going Deep" 2 mins

Purpose: Shares the benefits of this program.

| Who should listen? | When?          | How often?  | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|----------------|-------------|-----------------------------------|---|
| <i>Everyone</i>    | <i>Anytime</i> | <i>Once</i> | <i>Any</i>                        | <i>Yes / Once</i>                         |

Track

2

## Sleep Hypnosis for Anyone 18 mins

Purpose: Guided hypnosis for deep sleep.

| 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>Anytime you want to sleep</i> | <i>When you need help sleeping</i> | <i>Lying down</i>                 | <i>Yes / Regularly</i>                    |

Track

3

## 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? |
|--------------------|----------------|---|-----------------------------------|---|
| <i>Everyone</i>    | <i>Anytime</i> | <i>Daily in the morning or before bed is best</i> | <i>Lying down</i>                 | <i>Yes / Regularly</i>                    |

Track

4

## Grounding Meditation 10 mins

Purpose: A techniques for feeling stable, grounded, and in the present moment.

| Who should listen? | When?          | How often?                          | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|----------------|-------------------------------------|-----------------------------------|---|
| <i>Anyone</i>      | <i>Anytime</i> | <i>Daily in the morning is best</i> | <i>Sitting</i>                    | <i>Yes / Regularly</i>                    |

Track

5

## Journey into Vast Space 12 mins

Purpose: A technique for quieting your mind, releasing negativity, and building positivity.

| Who should listen? | When?          | How often?                          | In what position should I listen? | Should my partner listen? How many times? |
|--------------------|----------------|-------------------------------------|-----------------------------------|---|
| <i>Anyone</i>      | <i>Anytime</i> | <i>Daily in the morning is best</i> | <i>Sitting</i>                    | <i>Yes / Regularly</i>                    |