

Free Audio
Track at
YestToBirth.com

Pregnancy, Birth & Beyond

Audio Relaxation Program



SECTION 01: FOR THE PREGNANT MOM & PARTNER

PREGNANCY & BIRTH
10 tracks

Have a more positive pregnancy and develop the skills you need to give birth with confidence, relaxation, & receptivity.



SECTION 02: FOR THE MOM & PARTNER

AFTER THE BIRTH
5 tracks

Have more confidence in your parenting, rest whenever possible, & feel supported in feeding your baby.



SECTION 03: FOR ANY PERSON AT ANY TIME OF LIFE

GOING DEEP
5 tracks

Going deep will help you sleep better, feel grounded, clear your mind, & experience ultimate relaxation.



BUNDLE: PREGNANCY, BIRTH & BEYOND

BUNDLE ALL THREE
25% off for all 20 tracks

Download all 3 sections of the Audio Relaxation Program.

Receive 20% off your purchase when you use this code.
The audio program is included in the cost of all childbirth classes.
Purchase the audio program only if you are not attending one of Rachel's live or online classes.

PERSONAL CODE HERE



Rachel Yellin

Visit www.yestobirth.com for details about classes, audios, yoga, depth hypnosis therapy and more.



Childbirth Classes in San Francisco & Live Online

Feel confident, prepared, and ready to say YES to Birth!

CHILDBIRTH EDUCATION & BIRTH TECHNIQUES SERIES

All you need to know and
practice for birth and
immediate postpartum.

BIRTH TECHNIQUES INTENSIVE

Develop a mindset,
practices, skills and partner
communication for birth.

PRIVATE CHILDBIRTH CLASSES

Customized classes
tailored to your needs.

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On the class registration form, enter the promo code **"25BUCKSOFF"** to receive a \$25 discount. Enter the name of the person on this card as your referral source.

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REFERRAL NAME HERE



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