MOVEMENT AND YOGA POSITIONS

Cat Pose (Marjaryasana)

Cobbler Pose

Legs Wide Stretch (Upavishta Konassana)

Child's Pose (Balasana)

VISUALIZATION AND RELAXATION

Progressive relaxation and visualizations including “Your Special Place” and “Your Optimal Birth Experience”

MASSAGE

Two Strategies
Strong massage on buttocks where mom feels strongest sensation during contractions

Soft rhythmic movements up and around the back between contractions

BREATHING STRATEGIES

Three Strategies
Very slow breathing – in to a count of 10; out to a count of 10

Slow breathing – the soft relaxed breathing one does when falling asleep

The “gentle birthing breath” (for 2nd stage) – focus on keeping jaw and perineum relaxed

ACUPRESSURE

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