

My body
was made
for this



I feel SAFE
I feel LOVED
I feel SECURE





I trust my body to
know what to do





Inhale

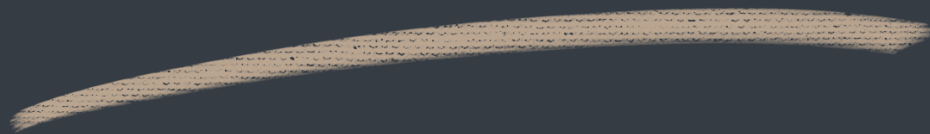
STRENGTH


exhale

FEAR



These contractions
are strong BUT I
AM STRONGER





Each wave
brings me
closer to my
baby

