



Relaxation Routine 1:

Preparation: Read this section together

Get comfortable in a favorite space, sitting with your legs on a stool or chair, or lying down on a soft surface with pillows under your knees and shoulders. Ask the trusted person to read through the routine before reading it to you. Make sure there will be no interruptions from people or pets and turn off all phones. This routine is a preparation for deep relaxation routines later and it helps if the trusted person has a quiet voice and speaks slowly with pauses.

Tune In: The trusted person reads this out loud slowly, pausing as needed.

“Start breathing normally and then begin to observe your breath - in and out. Breathe in through your nostrils from deep in your abdomen (the abdomen will rise). Breathe out through your mouth (lungs, diaphragm and abdomen go down) towards the center of your body. Do this for a couple of breath cycles, following your breath in and out. This technique is a quieting exercise to prepare your mind and body for any challenge, including birth.”

Reading of Relaxation Routine :

“In your mind’s eye, picture a body of water: lake, river, ocean. Go to it. Watch the waves softly come to shore... the ebb and flow of the water. Observe the water advancing and withdrawing. ... Become a part of the movement of the waves on the shore.... flowing into it. ... Become a part of the rhythm of the waves within your body ... the surge and release.” Adapted from Marie Mongan, *Hynobirthing* (2005), p. 146

Practice once a day, perhaps before you got to bed.