



Welcome Mama,

This Pregnancy Support Bundle has been created to gently guide you through pregnancy and help you prepare for birth. Inside you'll find calming practices, simple guidance, and optional reading – the kind of support that often isn't fully covered in mainstream care.

There's no right way to use this guide. Return to it whenever you need support or reassurance.

With love,

**Sarah
Yoga Loving Mama**



HOW TO USE YOUR GUIDE

This guide is yours to keep.

- ✦ **Download and save it to your phone, tablet, or computer**
- ✦ **Tap the buttons to watch the yoga practices or listen to the breathwork anytime**
- ✦ **Print any pages you'd like to keep nearby or use for preparation**

**Once saved, you can return to this guide whenever you need — no need to search emails or log in again.
Everything is in one place and easy to access!**

YOUR RESOURCES



Your Resources

Inside this guide you'll find supportive practices and tools to guide you through pregnancy and towards birth.

Gentle Prenatal Yoga Practice

 [Watch the video](#)

Baby Bonding Meditation

 [Listen to the audio](#)

Birth Preparation Essentials

 [Download printouts](#)

First Contraction to Birth: What to expect in labour

The 3 stages of Labour - Optional Reading

Stage One: Cervical Dilation

Latent Phase (Early Labour): The cervix begins to thin (efface) and open (dilate) up to about 4-6 cm, with contractions often mild and irregular; this can last hours or even days.

Active Phase (Established Labour): Dilation speeds up from 6 cm to fully dilated (10 cm), with stronger, more regular contractions, and the baby moves down.

Transition Phase: The final part of Stage One (8-10 cm dilation), often intense, where the urge to push may begin.

Stage Two: Birth of the Baby

Starts with full cervical dilation (10 cm) and ends with the baby's birth. Involves pushing as the baby descends through the birth canal.

Stage Three: Delivery of the Placenta

Begins after the baby is born. Ends with the expulsion of the placenta and membranes, a process usually managed by healthcare providers.



First Contraction to Birth: What to expect in labour

How to ease labour symptoms - Optional reading

First Stage of Labor

In the latent phase of labour, contractions may start, or your waters may break. Stay upright and move if you can—gravity helps. At night, rest on your left side.

Keep warm, comfortable, and happy—play music or a film, cuddle a pet, and let oxytocin flow. Eat, hydrate, and save your energy.

Try going for a walk or use birth ball exercises to help open your pelvis.

as you progress to active labour, use upright, forward and open (UFO) labour position, moveing regularly. Use a tens machine, labour comb and breath work as pain relief.

Pushing Stage

Pushing doesn't always mean bearing down—breathing your baby down with gentle breathwork can be just as effective. Listen to your body and your midwife for guidance.

Choose any position that feels good—squatting, kneeling, on all fours, or, with an epidural, sitting upright or lying on your left side with a pillow to keep your pelvis open. Lean on your birth partner for support, encouragement, and affirmations.

This is where all your pregnancy breathwork practice really shines.

After Birth

After your baby is born, you will deliver the placenta—your midwife can guide you, or you can follow your body's cues. Your baby's cord will be cut, and you'll be offered skin-to-skin contact, all according to your birth preferences.

Your baby will have routine checks, and if needed, you may receive stitches and pain relief. You will then transfer to the ward with your baby, ready to begin bonding and recovery together.



Fourth Trimester: Postpartum Recovery

The fourth trimester refers to the first few months after birth. While much of the physical healing happens in the first 6–8 weeks, recovery continues well beyond this time.

Your body

Your abdomen, muscles, ligaments, and pelvic floor gradually begin to reconnect and regain support. Rest is essential during this time, and gentle movement is more supportive than pushing into exercise too soon.

Feeding & nourishment

Whether breastfeeding or bottle feeding, keeping yourself well-fed, hydrated, and supported makes a big difference. Comfort, rest, and good positioning can ease the early weeks.

Emotional changes

Baby blues are common in the days after birth as hormones shift. It's okay to feel emotional – talk, cry, and lean on trusted support. If low moods last longer or feel heavy, reaching out for professional support is encouraged.

Movement & recovery

Gentle movement such as walking supports circulation and wellbeing. Breathing, meditation, and calming practices can begin straight away and help you feel grounded as your body heals.

Always follow guidance from your healthcare provider and move at a pace that feels right for you.





About Sarah

About Your Instructor

I'm Sarah, a prenatal and postnatal yoga teacher and the founder of Yoga Loving Mama. I created this guide to offer nurturing, practical support for pregnancy and birth — beyond what's often covered in mainstream care.

These resources are here to support you beyond class and beyond the mat, as you prepare to welcome your little one.