

Today I get
to hold my
baby.

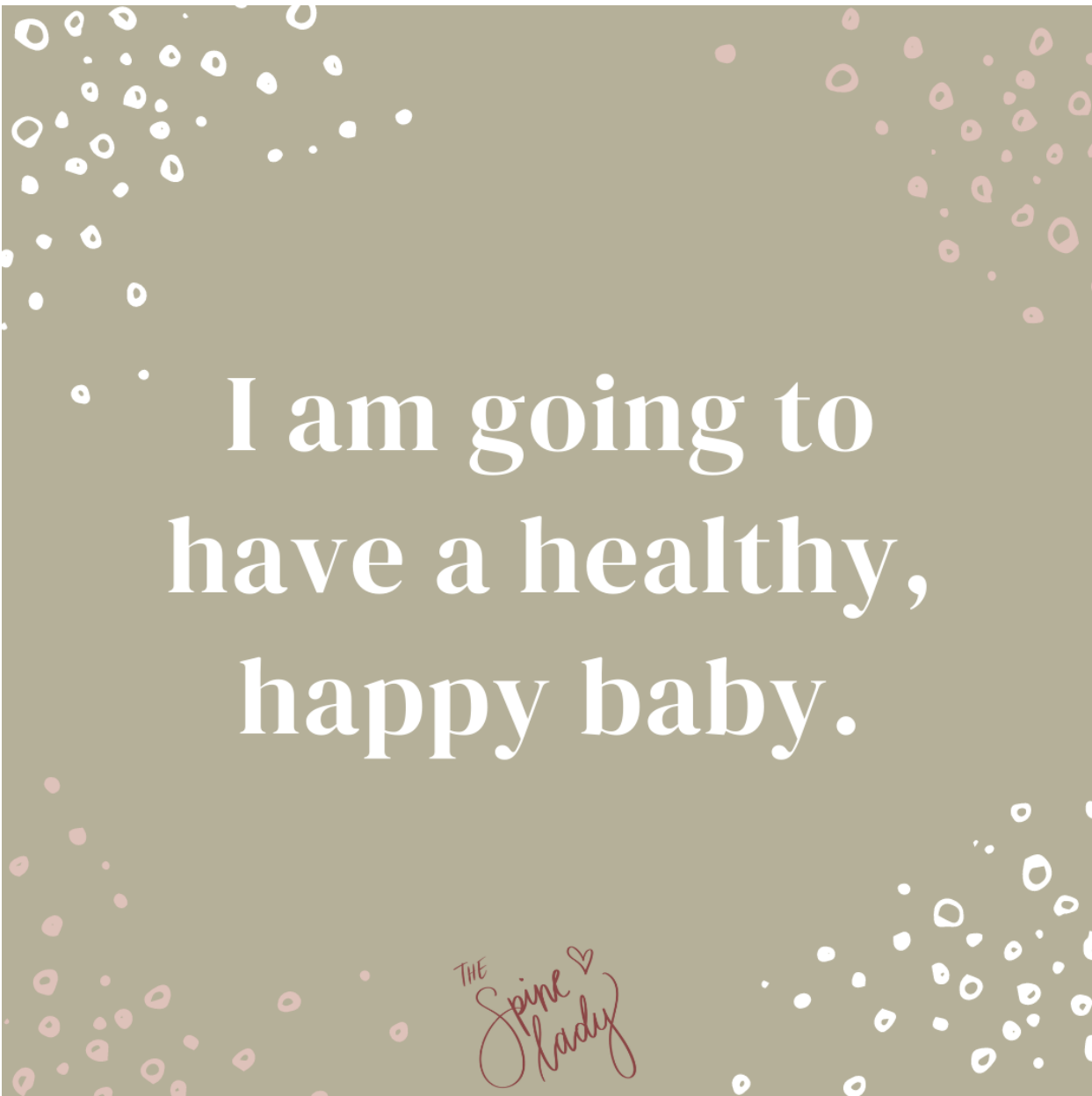
THE
Spine 
Lady

I am made
for this.

THE
Spine 
Lady

I can make it
through this.

THE
Spine 
Lady



I am going to
have a healthy,
happy baby.


THE
Spine 
Lady

◦ I trust my body.
My body knows
what to do.

THE
Spine 
Lady

My body knows
how to birth my
baby.

THE
Spine 
Lady



I breathe with
each wave and
flow with it.

THE
Spine 
Lady

Open, surrender.
Open, surrender.

THE
Spine 
Lady

◦ I trust my body.
I trust my baby.
I trust my birth.

THE
Spine 
Lady

I am already a
great mother.

THE
Spine 
Lady