



I WAS *made*
FOR THIS.

KINDRED  BRAVELY.



I CAN DO
anything
FOR 60
SECONDS.


KINDRED  BRAVELY.



My body


**KNOWS EXACTLY
WHAT TO DO.**

KINDRED  BRAVELY.



MY MIND AND
BODY ARE
relaxed.

KINDRED  BRAVELY.



UNTAPPED
SOURCES OF
strength
ARE AVAILABLE
TO ME.

KINDRED  BRAVELY.

The background is a light beige color with scattered gold-colored splatters. There are four circular vignettes containing botanical illustrations: top-left (dark green leaves with gold outlines), top-right (gold leaves on a branch), bottom-left (dark green leaves with gold outlines), and bottom-right (gold leaves on a branch).

MY BODY KNOWS
HOW TO BIRTH

my baby.

KINDRED  BRAVELY.



MY BABY IS
WORKING ON A

perfect position

FOR BIRTH.

KINDRED  BRAVELY.



I *trust* MY
BODY TO
KNOW WHAT
TO DO.

KINDRED  BRAVELY.



MY MUSCLES WORK
IN COMPLETE

harmony

TO MAKE BIRTHING
EASIER.

KINDRED  BRAVELY.



EACH SURGE OF
MY BODY BRINGS

my baby

CLOSER TO ME.



KINDRED  BRAVELLY.



I COOPERATE
WITH MY *body*
AND MY *baby.*

KINDRED  BRAVELY.