



CENTRED MUMS
PILATES & WELLBEING

Birth Affirmations

Centred Mums

All you need to do is relax and breathe, nothing else.



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I am going to meet my baby soon



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This will not last forever



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I trust all will unfold the way
it is intended to be



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I am extraordinary, strong and capable



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I am prepared for whatever birth my body
and my baby need



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I breathe in strength and breathe out calm
and confidence in my body and my baby



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Each contraction has a purpose so I am
thankful for every one



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With each breath, I breathe love to my baby



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I CAN DO IT



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I feel confident. I feel safe.
I am relaxed and calm



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I nurture myself so I can nurture others



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My body knows how to do this
My baby knows how to do this



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Birth is amazing
No matter how it happens



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This is going to be soooooo worth it!



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Women all over the world
are birthing with me

I soften
I open
I release



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I relax my jaw
I quiet my mind
My body will open
My baby will come

Breathe in
Breathe out
One wave at a time



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My baby and my body are working together
for a safe and gentle birth



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My baby will be born at the perfect time



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My body opens gently and slowly,
all in perfect time



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My baby and I are one
I choose to create peace within me and
around me



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This too shall pass



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Each contraction brings me
closer to my baby



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My baby, created with love, will be birthed
with love



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All I need to do is relax and breathe,
nothing else



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I am a badass! I can do anything!



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It's only 2 minutes,
I can do **ANYTHING** for 2 minutes