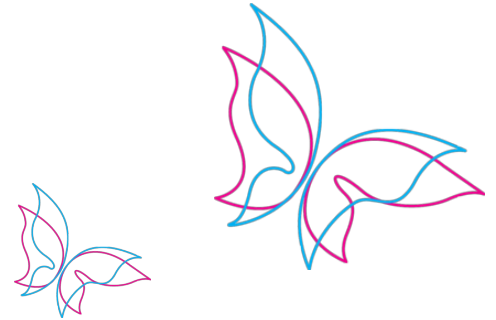


Relaxation For Calm Pregnancy - Creating a calm space for you to connect with your body and your baby

This Guided Relaxation will help you to:

- Reduce stress, fear and anxiety
- Increase your feelings of wellbeing
- Enjoy quality time bonding with your baby
- Boost your health and energy levels



Instructions for use:

You are encouraged to listen to this CD as often as possible to reap the full benefits, daily listening is highly recommended.

Tips for enhancing your relaxation:

- This CD should be listened to in a quiet, relaxed environment. Ensure that you have switched your phone off, gone to the toilet and are warm enough before starting
- If you are disturbed gently bring yourself out of relaxation and start the CD from the beginning again at a more convenient time
- You may not be consciously aware of what is being said or you may feel like you have fallen asleep. This is a perfectly normal response and means the relaxation is working well
- **Please DO NOT listen whilst driving or operating machinery**

Did you know that if you induce endorphins (the body's own natural relaxant) into your body you are actively eliminating stress hormone? Endorphins and stress hormone have a mutually exclusive relationship; you either have one or the other.

Relaxation is a safe, gentle and highly effective way of actively inducing endorphins and is proven to reduce stress and anxiety, enhance your immune function and significantly increase your feelings of wellbeing. Relaxation can also help you tune into your body and develop a deep sense of connection and trust in yourself.

Every time you go into relaxation your baby gets the benefit too. Babies of relaxed mums have been shown to be calmer and feed and sleep better.

Warning: This CD is in no way a substitute for the advice given by your own health professional, as individual situations may vary considerably. No guarantees are expressed or implied. The producer shall not be liable for any actual or consequential damage arising from the use of, or the inability to use this download.