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The Energy of Birthing

By Ava Curtola

Theophania Publishing. Paperback. Condition: New. 58 pages. Dimensions: 7.8in. x 5.1in. x 0.1in. I created this book and audio meditation set as a quick and effective reference guide with easy meditations that work! It will assist you in relaxation, prepare your innate, maternal energy and instincts to have the best pregnancy and birthing experience ever. Don't overcomplicate it! You can do this! Many already have. Ava Ava has a unique and special talent for truly understanding feminine energy, and has added the ability to help women tap into their own physical and spiritual resources to motivate them through the greatest challenges of life. The book is clear and concise, written with common sense. Noreen Walker Reg. Midwife I appreciate what you are doing. I got home, immediately laid down and listened to the entire Energy of Birthing meditations. Needless to say I was like a blob of mush on my bed by the end of it! Your voice is so hypnotizing, so relaxing and really helps keep your mind centered. It was amazing and I know it will be so helpful from now until the big day! KM. Mom I use Ava's product as an important part of my antenatal care;...

Reviews

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