



Below are some of the common places we send our families for information or help.

<https://m.youtube.com/watch?v=-e4EXjcN7yE>

Side Lying Release video demo

<https://m.youtube.com/watch?v=JS2lmWNdHWc>

Pelvic floor relaxation exercise

<https://m.youtube.com/watch?v=w9VVjBjghVI>

Miles Circuit

<https://www.spinningbabies.com/>

Excellent resource for helping babies get into optimal fetal position or to turn a breech/posterior baby

<https://evidencebasedbirth.com/>

Looking for the latest unbiased research?

<https://www.gentlebirth.com/>

Has a great app for hypnobirthing