

## Autumn Instructor Update September 2007

Dear Instructors and Trainers:

For almost thirty years, I have seen, first hand, the negative impact of stress on pregnancy. Now, there are numerous articles and research studies on the association of stress during pregnancy and fetal health and development. In fact, the March of Dimes has identified stress management as a major strategy to improve birth outcomes and positively impact the health of both mother and baby.

In this update, you will learn about the latest research on stress during pregnancy as well as valuable teaching tips to share with women in your classes. In order to help women reduce the impact of stress throughout pregnancy and prepare for a positive labor and delivery experience, this summer, I produced a two-CD set called *Baby's Breath* featuring relaxation and guided meditation with scientifically developed music to induce the relaxation response.

*Baby's Breath* includes one CD with two tracks of guided relaxation and meditation called *A Peaceful Pregnancy*, and *Labor of Love*. The second CD features the music only, *Essence*, which can be listened to at any stage of pregnancy, the postpartum period and beyond. Ordering information is included in this update and on our website.

And as always, there is an Instructor Assessment that you need to complete and send in for certification renewal. We are currently upgrading many services for Motherwell Instructors on our website. So stay tuned and make sure we have your most updated email information. Have an awesome autumn!

Be well,  
Bonnie Berk, RN, MS, RYT  
President and Founder



## Research on Stress during Pregnancy

### I. Introduction

Pregnancy is a special time in the life of a woman and her family. It is a time of many changes including financial challenges, relationship issues and maternal physiologic adaptations.

Properly dealt with, stress does not have to be all bad. In fact, stress can actually help to motivate healthy behaviors as well as be an opportunity to learn new skills that positively impact parenthood like using the breath to stay calm and focused.

However, when stress becomes all consuming, it can be harmful for pregnant women and their unborn babies. In the short term, stress can cause fatigue, sleeplessness, eating disorders, and multiple physical symptoms like backaches and headaches.

Long term, stress can contribute to significantly more serious health risks in both mother and baby including high blood pressure, heart disease and lowered immune function that may lead to a higher risk of infectious diseases. Previous research has also linked premature labor and preeclampsia to high levels of maternal stress during pregnancy.

The latest research also confirms that high levels of cortisol in the mother as a result of stress can pass through to the baby. This Update summarizes the most recent studies.

As instructors working with pregnant women, you have a unique opportunity to positively affect the pregnant women in your classes as well as their families by teaching them simple stress reduction and management techniques. Please

feel free to duplicate the client handouts at the end of this update.

## **II. Stress and Premature Labor**

In 1999, a study at the University of California Los Angeles School of Medicine found that women who reported high levels of stress at 18-20 weeks of pregnancy were more likely to have high levels of a hormone called corticotropin-releasing hormone (CRH) in their blood. This and other studies have found a link between high levels of CRH and preterm labor.

There was also another study at the University of California at Irvine that found the earlier in pregnancy a woman experienced stress, the earlier she was likely to deliver a preterm baby. Which may indicate that as pregnancy progresses, stress may have less of an adverse affect on the pregnancy.

One concern for babies born prematurely is low birthweight. However, several studies suggest that babies of women who experienced stress during pregnancy are more likely to be born low birthweight even when born full term. This may be due to the fact that one of the stress hormones, norepinephrine, constricts blood flow to the placenta, decreasing the amount of nutrients and oxygen delivered to the fetus.

## **III. Stress in Pregnancy may affect the Unborn Child**

Research published in May's (2007) edition of Clinical Endocrinology shows that from 17 weeks of age, the amount of stress hormone in the amniotic fluid surrounding the fetus is positively related to that in the mother's blood. This is the first report of this relationship noted at such an early stage of pregnancy.

Researcher Dr. Pampa Sarker from Wexham Park Hospital, Berkshire, UK said:

“We are all a product of our developmental history. One of the times we are most susceptible to the influences of our surrounding environment is when we are developing as a fetus in the mother's womb. Our research shows that

the fetus is exposed to cortisol in the maternal blood, and we also demonstrated that at and above 17 weeks, the cortisol in amniotic fluid has a strong positive relationship with cortisol in the maternal blood. We found that the strength of this correlation became stronger with increasing gestational age.

We now need to carry out further work to unravel the mechanisms by which maternal stress affects the fetus both during fetal life and though into childhood. We do not wish to unduly worry pregnant women. It should be remembered that one of the best ways for people to avoid general stress is to lead a healthy, balanced lifestyle.”

Vivette Glover of Imperial College London, another researcher in this study, says there is now reason to believe that high levels of cortisol in pregnancy could also affect the development of the brains of fetus’, affecting their future social skills, language ability and memory. She suggests that 15% of the one million children diagnosed with ADHD, cognitive delay and anxiety could be due to the stress experienced by their mothers during pregnancy.

#### IV. Maternal Stress and Cardiovascular System of the Child

In 1995, a researcher named David Barker did a study on the fetal origins of coronary heart disease and found that being small at birth is a risk factor for later cardiovascular disease and associated illnesses such as diabetes.

He proposed that the multiple systems that help the fetus adapt to changes in the womb result in a permanent (re-) programming of the developmental patterns as well as the differentiation events within key tissue and organ systems making the exposed babies more susceptible to pathological consequences later in life.

A recent study at the Institute of Reproductive and Developmental Biology in London, UK suggest that prenatal stress and cardiovascular function might be more related than previously thought.

In this study, pregnant rats were mildly stressed during the final week of their pregnancy by exposing them to light and restraint. The control group was not exposed to these

stressors. All the newborn pups were then cross-fostered to new mothers and all offspring were studied at 6 months of age.

Those pups exposed to stress during pregnancy showed a much larger increase in systolic blood pressure than the controls as well as a greater increase in blood pressure variability, more prolonged heart rate responses to acute stress and delayed recovery.

There needs to be more research in this area. However, this is a significant indication that prenatal stress may have a permanent effect on the cardiovascular system. For this reason, researchers emphasize the importance of ensuring that pregnant women recognize stress early in pregnancy and in addition to avoiding stressful situations, learn how to deal with stress in positive ways.

#### V. Stress and Depression During Pregnancy leads to Pediatric Sleep Problems

A recent study published in *Early Human Development* (July 2007), found that anxious or depressed expectant women are at an increased risk of having a child who will experience sleep problems in infancy and toddlerhood.

In babies, sleep ranks as one of the most highly regarded indexes of healthy development and plays a critical role in consolidating memory and facilitating learning, regulating metabolism and appetite, promoting good moods and sustaining both cardiovascular health and balanced immune system.

The survey-based study, part of the Avon Longitudinal Study of Parents and Children assessed more than 14,000 pregnant women living in Avon, England who were due to give birth in a 21-month window. The questionnaires gauged how depressed or anxious they were at multiple points early on in, later in and after their pregnancy.

Later, new moms were asked to report on their child's sleep habits at 6, 18 and 30 months, detailing how long the child slept, how often the child awoke and if he or she exhibited any common forms of sleeping problems such as

nightmares, refusing to go to bed or having trouble falling asleep.

Surprisingly, babies born to mothers classified as anxious or depressed while pregnant dozed just as long as their unstressed counterparts, about 12 hours. However, sleep was more disturbed in children whose mothers were either anxious or depressed during pregnancy.

For instance, mothers classified as clinically anxious 18 weeks into their pregnancies were about 40 percent more likely to have an 18-month old who refused to go to bed, woke early and kept crawling out of bed than their non-anxious counterparts. A similar effect was found in children born to mothers who were depressed during pregnancy.

Related studies now show that the hormones of stress, especially cortisol, may disrupt a child's formation of a bundle of nerve cells in the brain which act as a signaling system that tune's body's internal clock. This signaling system helps to properly regulate daily rhythms of waking, sleeping, even hunger if its formation has not been disrupted.

Thomas O'Connor, Ph.D., associate professor of Psychiatry at the University of Rochester Medical Center comments:

“This is another piece in the unfolding mystery of just how much the prenatal environment may shape a child's health and development for years to come.”

## VI. Pregnancy Stress can Cause Eating Disorders

One in 50 women develops an eating disorder while pregnant because of stress according to a survey in the United Kingdom. These findings are worrisome since research has shown that eating disorders are associated with low birthweight and premature birth, which are major causes of infant mortality and childhood morbidity.

The survey of 1,104 pregnant women found that:

- Almost 2% of women developed an eating disorder.
- One in five worried they might not love their baby.

- Almost a third was concerned about developing postpartum depression.
- More than a quarter said that changes to their body was the biggest cause of stress.
- Seventeen percent were stressed due to pressures at the workplace.
- Forty-one percent were worried about money.
- Nearly on-third felt stressed about eating the right amount and types of food.

Researchers comment that these statistics do not necessarily mean more women are developing eating disorders; however there is increased pressure on women to return to pre-pregnancy proportions which could lead to an increased risk of eating disorders.

## VII. Major Stress during Pregnancy Linked to Autism

According to researchers at the Ohio State University Medical Center, women who have had a major stressful event like a death of a spouse, job loss or a long-distance move may have a greater chance of having an autistic child than do their unstressed counterparts.

Dr. David Beversdorf, a neurologist at OSU Medical Center and principal investigator of the study, reported on 188 women who had delivered autistic children. The research showed that these women were more likely to have experienced a major stressor the 24<sup>th</sup> through 28<sup>th</sup> weeks of pregnancy. In fact, stress levels for the mothers of autistic children were nearly twice those of other mothers in the study including those who had Down's syndrome babies.

Researchers believe this research supports earlier animal studies that suggest stress during specific periods of pregnancy may lead to structural changes in the brain that have been linked to autism. The timing of the stressful events recorded in this study seem to correlate with the periods of development of the fetal cerebellum - a key portion of the brain that is structurally different in autistic children.

## VIII. Summary

There is no doubt that life in the womb impacts on fetal growth and development. And through research, we are learning more every day about how maternal behavior may affect offspring.

Most professionals are quick to counsel pregnant women to eat healthy, stop smoking and avoid alcohol to provide the fetus a safe environment in utero. However, very little has been done to educate pregnant women on the importance of reducing stressful situations during pregnancy as well as practicing stress management techniques before, during and after pregnancy.

All the researchers in these studies encourage pregnant women to be screened for psychological problems while pregnant and seek help from a professional when necessary. As teachers of pregnant women, Motherwell Instructors have both an opportunity and a responsibility to identify those women who may benefit from such help as well as empowering them with important stress management techniques.

And while teaching about stress in pregnancy, we do not want to cause undue stress to those moms who are already either anxious or depressed by making them feel guilty or responsible for outcomes outside of their control. So, in addition to imparting this valuable information, we also need to reassure women that many unexplained outcomes can happen despite our best efforts.

One of the many benefits of practicing stress reduction strategies are knowing that despite the outcome, mom did everything possible to ensure a healthy baby, and should problems arise, have skills to cope with these situations in the most positive ways possible. Remember, you can't always control what happens to you, but you can control your reactions to it. And that makes all the difference!

## IX. References

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## **10 Steps to a Peaceful Pregnancy and Positive Childbirth Experience**

**Stress has been associated with numerous adverse effects on both mother and baby during pregnancy. The good news is that you are already taking steps toward a peaceful pregnancy by exercising on a regular basis and learning all you can to stay healthy. Here are additional suggestions for reducing and managing stress during pregnancy, after delivery and for years to come:**

- 1. Surround yourself with a good supportive network of friends and family: Some studies suggest this may actually reduce your risk of preterm labor and a low birthweight baby.**
- 2. Take stock of the daily stressors in your life and look for opportunities to decrease work load, redistribute family responsibilities and find some “down time” every day.**
- 3. Be sure to eat a well-balanced diet to keep your moods and blood glucose levels stable throughout the day.**
- 4. Practice relaxation and meditation techniques regularly. (Check out Motherwell’s Audio Program: *Baby’s Breath*, a two-CD set for a peaceful pregnancy and positive labor and delivery - available at [www.motherwellfitness.com](http://www.motherwellfitness.com) )**
- 5. Stay away from people who tend to be “negaholics.”**
- 6. Get at least 7-9 hours of sleep in a 24 hour period.**
- 7. Play relaxing music while you work.**
- 8. Surround yourself with objects that make you happy like flowers, pictures, etc.**
- 9. Avoid caffeine and the evening news, both of which will keep you up at night.**
- 10. Find time to exercise on days you are not coming to class. The Motherwell Yoga DVD is a great way to de-stress!**

**Most importantly, seek professional help if you are feeling depressed or overwhelmed. Best wishes for a happy and healthy pregnancy!**

**Provided by your Motherwell® Instructor: \_\_\_\_\_**



## **Meditation for Health**

### **I. Why Meditate?**

**The health benefits of meditation have been well documented. Regular meditation practice can reduce blood pressure, prevent and treat heart disease, reduce migraines and decrease many stress-related symptoms. Meditation has proved to be helpful in reducing obsessive thinking, anxiety, depression and hostility.**

**There is nothing mystical about meditation. Meditation can be learned within a few minutes. However, the long-term benefits of meditation come with practice.**

### **II. Getting Started**

- A. Choose a comfortable sitting position.**
- B. Sit with your back straight and chin tucked in slightly. Allow the small of your back to arch slightly. Sit against a wall for support if necessary.**
- C. Rock briefly from side to side and front to back to establish a point at which your upper torso feels balanced on your hips.**
- D. Close your eyes and breathe through your nose. If you are congested, breathe in and out through the mouth.**
- E. Close your eyes and notice where your body touches the floor or chair.**
- F. Notice your breath. Is it deep or shallow? Fast or slow? Use slow, deep abdominal breathing. Your abdomen should expand when you inhale and contract while you exhale.**
- G. Maintaining a passive attitude is important in promoting relaxation. Remember, as a beginner, you will have very few moments of clear concentration. Without thoughts, you would not be able to develop the ability to let them go. A passive attitude includes a lack of concern of whether you are “doing it right” or accomplishing goals or whether meditation is right for you. Adopt the attitude that you will**

sit quietly for a specified period of time and whatever happens is exactly what should happen.

- H. In general, any amount of time spent meditating is more relaxing than not meditating at all. Start out with five minutes a day. Gradually, you may want to increase the amount of time to twenty or thirty minutes once or twice a day.

### III. Exercises

#### A. Breath Counting Meditation

1. Sit in good posture and take several deep breaths. Either close your eyes or look at a spot on the floor. Your eyes may or may not be focused.
2. Inhale and count to (4), pause for (2) counts and then exhale for (4) counts. After exhaling, pause for (2) counts and repeat the cycle.
3. If you need to, expand your inhale and exhale to (6) counts and then to (8) counts. Be sure that your inhale and exhale are even.
4. If your mind slips into other thoughts, acknowledge the thoughts and then come back to counting the breath.

#### B. Mantra Meditation

1. Select a word or syllable that you like. It may mean something to you or just a nonsense syllable that has a pleasant sound. The universal mantra is "OM."
2. Sit in good posture and take some deep breaths.
3. Say the word or syllable silently to yourself over and over within your mind. When your thoughts stray, come back to your mantra. Let your mantra make it's own rhythm as you say it over and over again.
4. Try saying the mantra aloud and notice how you feel. Is it more relaxing to say it silently or out loud?
5. Remember, practice meditation with awareness. If you find that repeating the mantra becomes mechanical, notice bodily sensations and then come back to the mantra.

### C. Gazing

1. Find an object that you like to look at: a candle, stone, piece of wood or anything else you feel is appropriate.
2. Sit in good posture and take a few deep breaths.
3. Set your object at eye level. Look at it carefully. Keep your eyes soft and relaxed. Allow yourself to become totally involved with exploration of your object as though you never saw it before.
4. If thoughts or words you associate with the object pop up, simply notice them and let them go. Return your attention to the object.

### IV. Special Considerations

- A. It is not necessary to feel as though you are relaxing while you meditate in order to become relaxed. You may feel as though you are thinking a thousand different thoughts and are very restless. However, when you end the meditation, you will feel more relaxed.
- B. As your mind quiets, negative emotions may surface from your subconscious. If this happens, experience the feeling and then tell yourself to "Let it go." If you feel the need, talk with a friend or counselor about your feelings.
- C. Finding the time and motivation to meditate is a challenge. Try to get into a habit of meditating the same time each day that you practice. Many women find it helpful to meditate before going to bed. This may help you to sleep more restfully.

For more stress management strategies, visit:

[www.motherwellfitness.com](http://www.motherwellfitness.com) and *Motherwell Maternity Fitness Plan* by Bonnie Berk, RN, published by Human Kinetics, Inc. (2005)

Provided by your Motherwell® Instructor: \_\_\_\_\_



## Instructor Assessment / Autumn Update 2007

Instructor Name: \_\_\_\_\_

Facility you are teaching classes: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone number: (    ) \_\_\_\_\_

1. Name three sources of stress during pregnancy:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
2. True or False? Stress can contribute to serious health risks in both mother and baby including high blood pressure, heart disease and lowered immune function that may lead to a higher risk of infectious diseases.
  
3. In 1999, a study at the University of California Los Angeles School of Medicine found that women who reported high levels of stress at \_\_\_\_\_ weeks of pregnancy were more likely to have high levels of a hormone called corticotropin-releasing hormone (CRH) in their blood.
  - a. 18-20 weeks    b. 20-24 weeks    c. 26-32 weeks
  
4. True or False? While you are teaching about stress in pregnancy, you need to be careful that you do not cause undue stress to those moms who are already either anxious or depressed.
  
5. Research published in May's (2007) edition of Clinical Endocrinology shows that from 17 weeks of age, the amount of \_\_\_\_\_ in the amniotic fluid surrounding the fetus is positively related to that in the mother's blood.

6. True or False? Research studies have found a link between high levels of CRH and preterm labor.

7. A recent study at the Institute of Reproductive and Developmental Biology in London, suggests that prenatal stress and cardiovascular function might be \_\_\_\_\_ than previously thought.

- a. more related                      b. less related

7. In regards to stress, why is development of the fetal cerebellum mentioned in this Update? \_\_\_\_\_  
\_\_\_\_\_

8. One of the women in your class confides in you that she is having difficulty dealing with depression. What might you tell her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Name three health benefits of practicing meditation:

- a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_

10. True or False? It is not necessary to feel as though you are relaxing while you meditate in order to become relaxed.

Please use this space for any comments or suggestions.

\_\_\_\_\_  
\_\_\_\_\_

We appreciate your feedback!

Please complete this Assessment and return to:

Bonnie Berk, Inc.,  
Instructor Assessment,  
1220 Hillside Drive,  
Carlisle, PA 17013

You can also send email to:  
[bonnie@motherwellfitness.com](mailto:bonnie@motherwellfitness.com)  
or Fax to: 717-258-1241.

## Motherwell® Order Form

Item	No.	Unit Price	Total Price
Motherwell Level I Course: (Circle One): Land / Water Fitness / Yoga / Shape Up With Baby	1	\$ 349.	\$ 349.
<b>GET A SPECIAL DISCOUNT BY ORDERING MORE THAN ONE LEVEL I COURSE AT THE SAME TIME:</b>			
Motherwell Level I Courses: (Circle Two): Land / Water Fitness / Yoga / Shape Up With Baby	2	\$ 313.	\$ 625.
Motherwell Level I Courses: (Circle Three): Land / Water Fitness / Yoga / Shape Up With Baby	3	\$ 292.	\$ 875.
Motherwell Level I Courses: Order all 4	4	\$ 250.	\$ 999.
Motherwell Level II Course: Trainer		\$ 225.	
Motherwell Instructor Materials for Instructors being trained by onsite Trainers		\$ 160.	
Motherwell Fitness Ball : Please Specify your height: _____ Below 5'3" _____ 5'3' – 5'10" _____ Above 5'10"		\$ 29.	
Motherwell Yoga DVD		\$ 28.	
<i>Special</i> - Yoga DVD and Fitness Ball Combo		\$ 49.	
<i>New!</i> <i>Baby's Breath</i> Relaxation & Guided Meditation - 2-CD set		\$ 20.	
Motherwell T-shirt (s): Please indicate type and size: Periwinkle capped sleeve: ___S ___M ___L ___XL White sleeveless: ___S ___M ___L		\$ 15.	
<i>Motherwell Maternity Fitness Plan</i> Book published by Human Kinetics, Inc. 2005		\$ 17.95	
Subtotal			\$
Sales Tax ( in PA only) add 6 %			\$
Shipping : add \$8.50 for first item, \$2.00 for each additional: call 717-258-4641 for fees to ship outside US or overseas.			\$
Total			\$

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City, State, Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: (D) \_\_\_\_\_ (E) \_\_\_\_\_ (F) \_\_\_\_\_

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Carlisle, PA 17013) or Please charge to: \_\_\_MC \_\_\_ Visa \_\_\_ AMEX

Credit Card number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

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please put your changes on the back of this form.

**Dear Motherwell® Instructors:**

**Working with pregnant women on an ongoing basis, you play a valuable role in Motherwell product evaluations. For this reason, I am offering the *first 50* Instructors who respond to this letter a chance to receive our new *Baby's Breath* 2-CD set for FREE. You only need to pay the cost to cover postage: \$9./each as well as complete a short survey. The CD's are then yours to keep or give to whomever you choose.**

**If you would like to take advantage of this special opportunity, please either call (717-258-4641) to give your payment information over the phone or mail/fax the following form with your payment to:**

**Bonnie Berk, Inc.  
Free Baby's Breath Offer  
1220 Hillside Drive  
Carlisle, PA 17013  
(Fax) 717.258.1241**

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**Address:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**If paying by credit card:** \_\_\_ Visa \_\_\_ MC \_\_\_ American Express

**Name on card:** \_\_\_\_\_

**Number:** \_\_\_\_\_ **CID** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_

**Please charge \$9.00 to my credit card to cover the cost of shipping.**

**Shipping Address if different than above:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Thanks in advance for your assistance!**

# MOTHERWELL® YOGA FOR EXPECTANT MOMS

The Motherwell Yoga DVD for Expectant Moms is a unique combination of Yoga, breathing and relaxation exercises designed to help expectant moms integrate mind, body and spirit for a healthy pregnancy and positive childbirth experience.

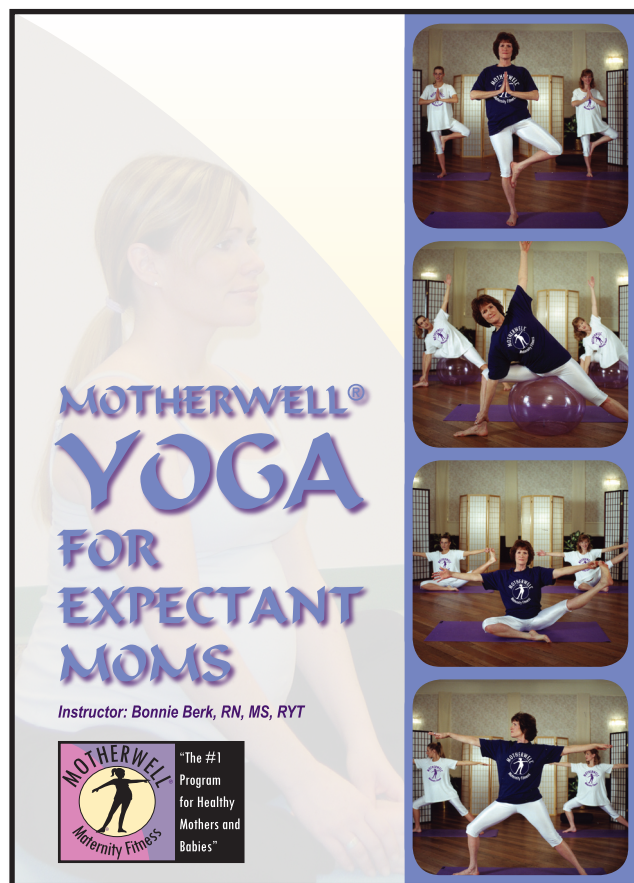
Instructor Bonnie Berk, is a Registered Nurse, Certified Childbirth Education Specialist, Master Personal Fitness Trainer and Registered Yoga Teacher. She founded the medically proven Motherwell Maternity Health and Fitness Programs, currently offered through prestigious health care and fitness facilities worldwide including Army bases in the United States and abroad. Bonnie also wrote *Motherwell Maternity Fitness Plan* published by Human Kinetics (2005).

## ***Motherwell Yoga helps expectant moms:***

- Strengthen and stretch muscles affected by pregnancy
- Reduce common discomforts of pregnancy
- Prepare for a more comfortable labor and delivery
- Shape up quickly in the postpartum period

## ***The Motherwell Yoga DVD for Expectant Moms includes:***

- Easy-to-follow Yoga Poses led by a health and fitness professional.
- Core Conditioning and Balancing exercises on Fitness Balls.
- Modifications of selected Yoga Poses demonstrated by pregnant women in varying stages of pregnancy.
- Specific Yoga Poses for preventing and alleviating common discomforts of pregnancy, such as backache, swelling, carpal tunnel, varicose veins, leg cramps and fatigue.
- Breathing, Relaxation and Visualization techniques to reduce stress in pregnancy and enhance comfort during the childbirth experience.
- Pelvic floor exercises to maintain muscle tone during pregnancy and accelerate the healing process after delivery.
- Safety tips and guidelines\* for exercising during pregnancy and after delivery.



*\*This video conforms with the safety guidelines of the American College of Obstetricians and Gynecologists for exercise during and after pregnancy.*

**For more information or to order  
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# Baby's Breath:

A MOTHERWELL®  
AUDIO PROGRAM FOR A  
PEACEFUL PREGNANCY &  
POSITIVE CHILDBIRTH  
EXPERIENCE

An invaluable resource for expectant moms, obstetrical health care providers, childbirth educators and anyone interested in supporting a healthy pregnancy and positive childbirth experience. **Baby's Breath** is a two CD-set scientifically developed to induce the relaxation response and positively impact the health of both mother and baby.

*"Seeds of health are planted even before you draw your first breath, and that the nine short months of life in the womb shape your health as long as you live."*

- Newsweek, *Shaped By Life in the Womb*  
(September, 1999)

Researchers believe the effect of experiences in the womb on both physical and emotional health may actually be greater than the genes we inherit. Pregnancy is potentially a time of major emotional, physical, and social stress. Now there is a smartly designed program that helps mothers stay calm during pregnancy, reduce the need for medication during labor and delivery and adjust easily to the challenges of being a new mom. **Baby's Breath** is a **natural** approach to:

- reduce the negative impact of stress,
- decrease the discomfort of childbirth,
- enhance the pregnancy and postpartum experience.

We all want happy children. Happy mothers tend to have happy babies! By practicing the techniques included in this program, expectant women and new moms will have a healthier experience during pregnancy and childbirth that will positively impact themselves and their growing families for years to come.

### **This Two CD Set Includes:**

CD #1: Two 25-minute relaxation and guided meditations sessions, *A Peaceful Pregnancy* for use during pregnancy and *Labor of Love*, in preparation for a positive labor and delivery experience.

CD# 2: 60-minute cd of the music *Essence*, specifically engineered to induce the relaxation response during pregnancy, labor and delivery as well as the postpartum period and beyond.

User guidebook with "10 Tips for Managing Stress."

**For more information or to order  
call 1-800-MOMWELL (Outside U.S. 717-258-4641)  
or visit our web site: [www.motherwellfitness.com](http://www.motherwellfitness.com)**

