Hi Gabriel

Just writing to let you know that I had a baby girl on Friday 7th November at 6.27pm, born 4 days before her due date. 7 pounds, 2 ounces. The birth was really wonderful. 3 hours of latent phase, then 6 hours of active labour, with baby born in the pool in the lounge at home. I spent much of the early labour outside on the lawn in the sun, and my waters didn't break until just before the crowning. Just about every contraction I wanted be on my hands and knees, and that was how I pushed her out in the pool, no stitches needed!

The yoga for birth class really helped to build my confidence for birthing at home, especially the fear release exercise. I used a lot of deep yoga breathing in between contractions, and lots of low noise during. The pushing breathing you taught us was also super helpful for the last bit, very recommended!

I feel super blessed to have been able to have such a great birth in my own home, and the pain wasn't as bad as I thought it was going to be, although I'm sure the birth amnesia helps with that! Thank you so much for all your help and wisdom, what you do is a real gift for pregnant women, and I am so glad to have been able to come to your yoga classes. It really helped to nurture a positive pregnancy and birth for me.

I would be more than happy to come and tell my birth story to a class if you would like an example of a natural, positive birth.

Julie :)



Hi Gabriel

Wanted to let you know that our little man arrived safely last night just after midnight...Joshua James Barclay Smart, weighing 3.4kg.

Birth was great, 2 hours in hospital, even managed to get in the bath! Breathing and positions helped heaps, especially trying to keep things from going too quickly. Thanks so much :)

Joshie is doing great and Millie is in love with her little bro. We are enjoying our time at birthcare for next few days - in room 106, if you are around and want to say hi.

Sarah
X