

Prenatal Mantras

Print, write them down, cut them out and paste them somewhere! Pick one that speaks to you today, repeat it whenever you feel anxious, incorporate it into your yoga practice, or when you're laying in bed. You're a rockstar!

My body welcomes a new life.

I am safe, my baby is safe.

I radiate health and vitality.

My baby is healthy and strong.

My body knows how to grow a healthy baby.

I deserve a joyful birth.

I embrace the roundness of my belly, it is full of life.

I am beautiful.

My baby will come when he/she is ready.

My breath will be my guide.

I trust my body, it knows how to birth my baby.

I am connected to a long line of mothers.

I am surrounded by love; my baby is surrounded by love.