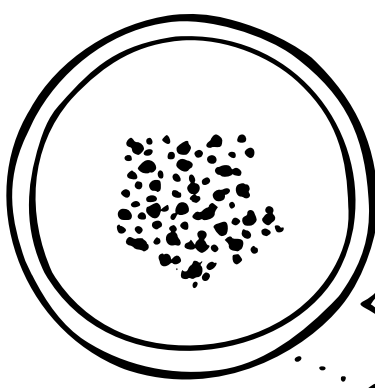
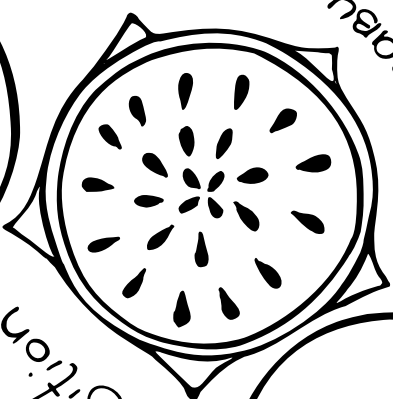


Cervical Dilatation

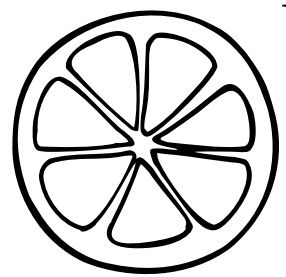
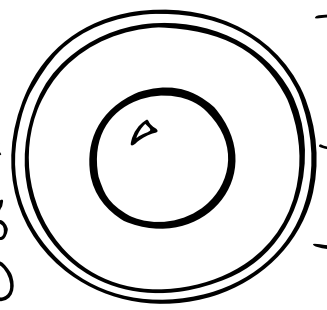


Transition...
Let go my baby is coming!



active Labor...
I move, I'm deeply calm and relaxed

As I exhale, my cervix opens
♡..



early labor...
eat / rest ♡

