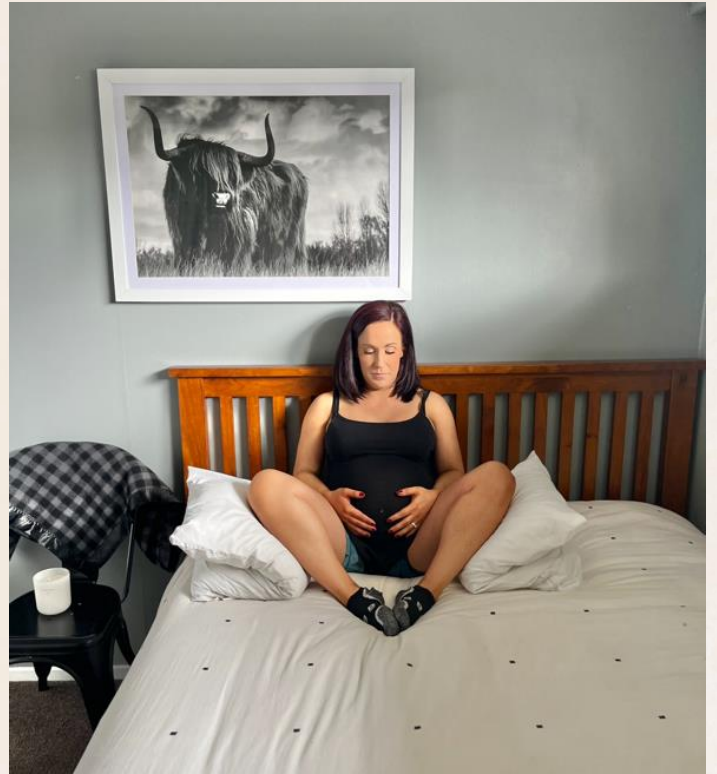




Active birthing positions











Adopting a variety of movements and techniques, embracing gravity and opening your hips are all techniques that can be used to help you move through the challenges of labour. The above positions can be adopted during the course of your labour to help you embrace the intensity of contractions and allow your body to work with gravity.

