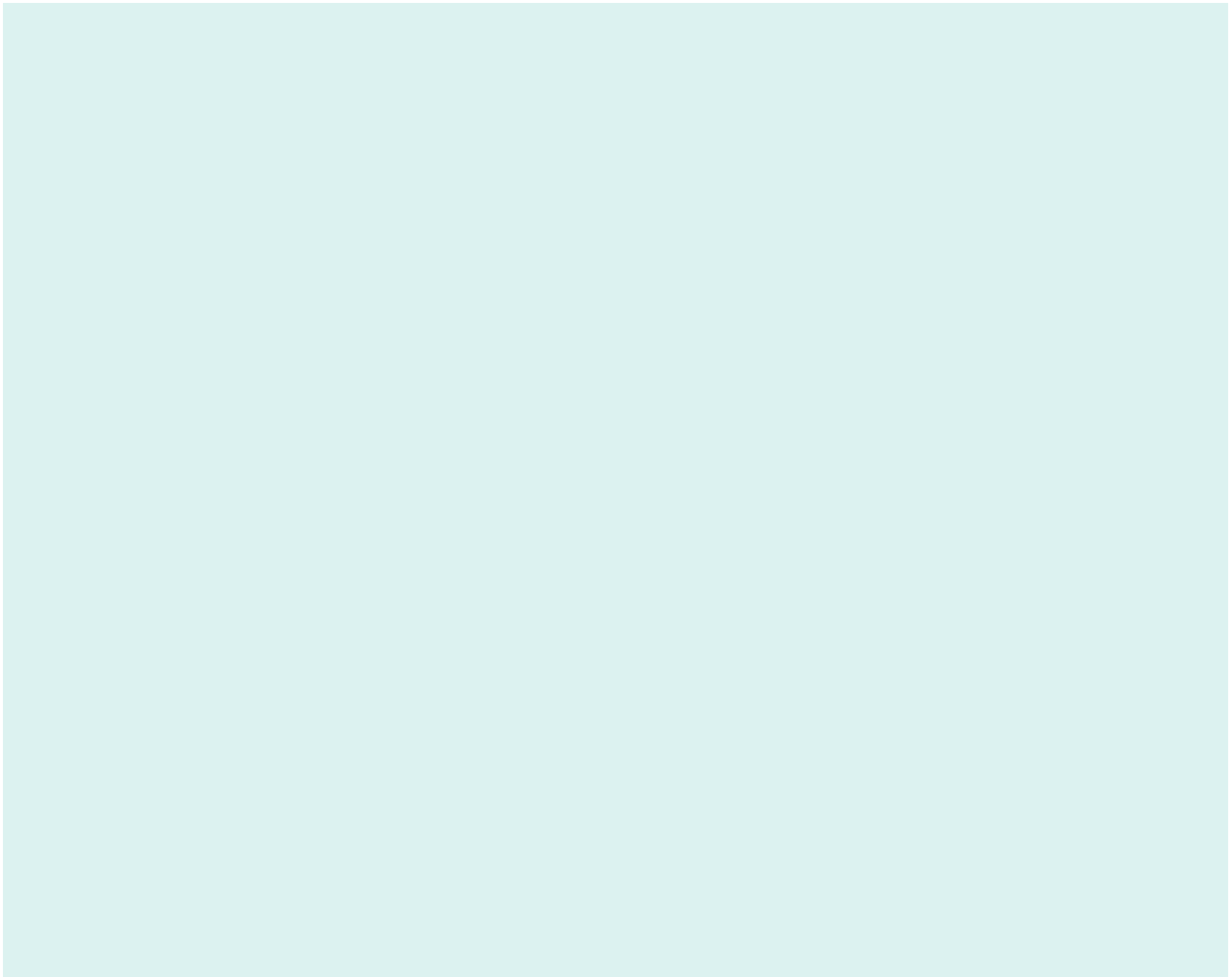


SMARTT BIRTH

SURRENDERING TO THE UNKNOWN

We talked in class and in the workbook about holding space for the unexpected in labor and birth. This is part of why it's so important to ground yourself with thorough preparation in body, mind, and spirit. When you're well prepared, you can maintain agency, release resistance, and stay present to the experience, even if it comes with twists and turns.

I invite you to use this space to dig a little deeper into the practice of surrender. What does it mean to lean in to this experience as it unfolds? What does it feel like in your body to relax your jaw, drop your shoulders, open your hands, and breathe? What does surrender look like for you?



SURRENDERING TO THE UNKNOWN CONT.

