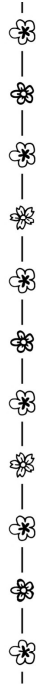




I am calm, centred
and capable.



I am
enough



I can do
anything
For one minute!



Soft Jaw, Soft Hands,
Deep Breaths.



I am surrounded
by love.

The waves of my labour
safely come and go.



I have the
right to
support and
respect



I'm confident in
my own informed
decisions.