



I CAN  
DO  
ANYTHING  
FOR A  
MINUTE




SOFTEN  
OPEN  
RELEASE



THIS  
WON'T  
LAST  
FOREVER



MY BODY  
KNOWS  
EXACTLY  
WHAT  
TO DO



→  
THE ONLY  
WAY  
OUT IS  
THROUGH



BREATHE  
BABY  
OUT



**MANY  
OTHERS  
HAVE  
DONE THIS:  
SO CAN I**



**I CAN.  
I WILL.**



**EACH WAVE  
BRINGS  
ME CLOSER  
TO BABY**



**I WILL  
BIRTH  
FEARLESSLY**



**I  
AM  
SAFE**



**MY BODY  
OPENS  
SOFTLY AND  
EASILY**