



**YES TO BIRTH!**  
with Rachel Yellin

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**Pregnancy, Birth & Beyond**  
**Listening Guide**

Section 01: Pregnancy & Birth

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# Section 1 Pregnancy & Birth

These are the tracks you'll need to have a more positive pregnancy, and develop the skills you need to give birth with confidence, relaxation, and receptivity.



## Welcome to Pregnancy, Birth & Beyond by Rachel Yellin 7 mins

Purpose: Tells you what you are going to get from the program.  
Shares the vision and passion of the program.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom &amp; Partner</i>	<i>Before starting</i>	<i>A Few times</i>	<i>Any</i>	<i>Any</i>

Track

1

## Things to Know About Using this Program 5 mins

Purpose: Explains some aspects of the program and makes some requests and suggestions.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom &amp; Partner</i>	<i>Before starting</i>	<i>A Few times</i>	<i>Any</i>	<i>Any</i>

Track

2

## Guided Hypnosis for Pregnancy 16 mins

Purpose: Release into a deep state of relaxed concentration quickly and easily.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom</i>	<i>Early through late pregnancy</i>	<i>Daily</i>	<i>sitting or lying down</i>	<i>Only if desired</i>

Track

3

## Relaxation & Affirmations for Pregnancy 22 mins

Purpose: Get into a very relaxed state, and then fill your mind with statements, suggestions, and visions that help you have a better pregnancy.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom</i>	<i>Early through late pregnancy</i>	<i>Daily</i>	<i>Lying down</i>	<i>Yes / A few times</i>

Tracks

4

## Relaxation & Affirmations for the Birth Partner 24 mins

Purpose: Provide birth partner with deep relaxation, and learn what to do, what to say, and what is needed to be the best pregnancy/labor companion possible.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Partner</i>	<i>Through pregnancy</i>	<i>Daily</i>	<i>Any</i>	<i>Yes / A few times</i>

Tracks

5

# Section 1 Pregnancy & Birth

These are the tracks you'll need to have a more positive pregnancy, and develop the skills you need to give birth with confidence, relaxation, and receptivity.



## Ultra Depth Relaxation 27 mins

Purpose: Deep, healing, restorative relaxation.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Everyone	During pregnancy, birth and beyond	As often as possible	Lying down	Yes / Regularly

Track

6

## Breathing Instructions & Practice 27 mins

Purpose: 4 essential breathing techniques for labor (and more).  
Learn how to apply them and practice several rounds of each. It's a must!

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	As early as possible	until techniques are mastered	sitting or lying down	Yes / As many as needed to learn techniques

Track

7

## Guided Hypnosis for Later Pregnancy & Birth 20 mins

Purpose: A technique to release into a deep state of relaxed focused concentration, and go in and out of that state easily.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	Daily	Lying down, supported hands/knees, toilet, bath	Only if desired

Track

8

## Relaxation & Affirmations for Later Pregnancy & Birth 24 mins

Purpose: Get into a very relaxed state, and then fill your mind with statements, suggestions, and visions that help you have a better birth.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	Daily	Lying down, supported hands/knees, toilet, bath	Yes / A few times

Track

9

## Labor & Birth Rehearsal 76 mins

Purpose: Visualize the birth and practice the breathing. It's essential!

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	After 32 weeks and during birth	A few times a week before bed	Lying down, supported hands/knees, toilet, bath	Yes / A few times

Track

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## Pregnancy, Birth & Beyond Listening Guide

Section 02: After The Birth

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# Section 2 After the Birth

These tracks will enable you and your partner to have more confidence in your parenting, rest whenever possible, and feel supported in feeding your baby.



## Welcome to After the Birth 4 mins

Purpose: Explains the program and how to use it.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom & Partner	Before listening to other tracks	Once	Any	Yes / Once

Track

1

## Sleep Hypnosis for Parents with Babies 18 mins

Purpose: Be put to sleep easily, and helps you fall back asleep when you've woken up.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom & Partner	After baby is born	When you want to sleep	Sleeping position	Yes / Often

Track

2

## Relaxation & Affirmations for Parenting 19 mins

Purpose: Fill your mind with statements, suggestions, and visions that help you have ease in parenting.

*\*Affirmations only can be listened to by themselves.*

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom or Partner	After baby is born	Daily	Any	Yes / Often

Track

3

## Loving Breastfeeding 21 mins

Purpose: Connect with your baby and learn more ways to support breastfeeding.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	A few times before birth and during breast feeding	When you want support	Any position for nursing	Yes / A few times

Track

4

## Connected Bottle feeding 16 mins

Purpose: Connect deeply with baby while bottle feeding.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom or partner	While feeding baby	Any time you need support	Any position for feeding	Yes / A few times

Track

5



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Section 03: Going Deep

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# Section 3 Going Deep

Going deep will last you the rest of your life. It will help you sleep, feel grounded, clear your mind, and bring you into ultimate deep relaxation.



Track

1

## About "Going Deep" 2 mins

Purpose: Shares the benefits of this program.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Everyone</i>	<i>Anytime</i>	<i>Once</i>	<i>Any</i>	<i>Yes / Once</i>

Track

2

## Sleep Hypnosis for Anyone 18 mins

Purpose: Guided hypnosis for deep sleep.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Mom &amp; Partner</i>	<i>Anytime you want to sleep</i>	<i>When you need help sleeping</i>	<i>Lying down</i>	<i>Yes / Regularly</i>

Track

3

## Ultra Depth Relaxation 27 mins

Purpose: Deep, healing, restorative relaxation.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Everyone</i>	<i>Anytime</i>	<i>Daily in the morning or before bed is best</i>	<i>Lying down</i>	<i>Yes / Regularly</i>

Track

4

## Grounding Meditation 10 mins

Purpose: A techniques for feeling stable, grounded, and in the present moment.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Anyone</i>	<i>Anytime</i>	<i>Daily in the morning is best</i>	<i>Sitting</i>	<i>Yes / Regularly</i>

Track

5

## Journey into Vast Space 12 mins

Purpose: A technique for quieting your mind, releasing negativity, and building positivity.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
<i>Anyone</i>	<i>Anytime</i>	<i>Daily in the morning is best</i>	<i>Sitting</i>	<i>Yes / Regularly</i>