

The Simple Trick To Use For A Natural Delivery

 www.everydayfamily.com/blog/simple-trick-use-natural-delivery/

What would you say if I told you that there was one incredibly easy, super simple, totally free trick to achieving the all-natural labor and delivery of your dreams?

Ok, ok, so I probably sound more like an infomercial than the helpful medical nurse I'm trying to be, but I'm also not exaggerating. There really is a super simple method that I practiced during my second pregnancy that completely got me through my labor and delivery without an epidural.

Honestly, I'm still kind of shocked that it worked so well, but it did.

Ready to hear my secret?



Image via Flickr/ [bradleyjohnson](#)

That's right, you guessed it—it was yoga.

Now, I'm not talking about any kind of crazy, committed yoga sessions. All I'm talking about is employing the very basic principles of breathing and focusing that yoga poses can teach you.

For me, the very best yoga pose that taught me how how to breathe and focus was the tree pose. All throughout my pregnancy, I popped in my little yoga DVD and halfheartedly did the exercises. Allow me to assure you that I'm no yogi, but the DVD was only twenty minutes and it was all I could muster in my exhausted pregnant state, so I really didn't expect it to come to anything.

Yet, for some reason, the tree pose was one of those that just seemed to “stick” with me. Each week, I looked forward to completely zoning out, focusing on my breath, and seeing how long I could balance as my belly grew larger and larger. I learned to pick one visual image—it was usually the light switch in the living room—to focus on, blocking everything else out and just breathing through the pose.

Which, strangely enough, is *exactly* what I ended up doing during labor.

As each contraction hit me, I narrowed my vision down to one focal point. With my second daughter, for whatever reason, it was the glowing outlet in the bathroom of my hospital room, and I never took my eyes off of it. As the contraction grew more intense, I would continue to focus on the outlet and breathe, breathe, breathe, until at last, the contraction started to ebb.

I was shocked, going through labor, at how the little bit of yoga that I did made such a difference, but it did. I found out that all you need to have a natural delivery is the ability to focus, breathe, and block everything else out during each contraction. And for me, the simple tree pose of yoga was the key to doing just that!

So if you are planning a natural delivery, I definitely encourage you to practice the pose, or any other balance move in yoga for that matter, during your pregnancy. Anything that can help you learn to focus and breathe will give you some techniques to utilize when those contractions hit.

How about you? What did you find anything helpful for your natural delivery?

Author



Chaunie Brusie, RN, BSN

Chaunie Brusie is a coffee mug addict, a labor and delivery nurse turned freelance writer, and a young(ish) mom of four. She is the author of "Tiny Blue Lines: Preparing For Your Baby, Moving Forward In Faith, & Reclaiming Your Life In An Unplanned Pregnancy" and "The Moments That Made You A Mother". She also runs Passion Meets Practicality, a community of tips + inspiration for work-at-home mothers. ... [More](#)