

4th International conference on

Midwifery and Womens Health

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Yoga Birth Method - the eight step yoga pathway to natural childbirth using yoga and medical cannabinoids

Dorothy Guerra

Yoga Birth Method Institute, Canada

Supporting calm, natural and self-empowered birthing with The Yoga Birth Method and applying the wisdom of yoga throughout the stages of labor, author Dorothy Guerra teaches an eight-step pathway to create harmony between mind body and baby from start to finish. Advocating for medical cannabinoids use for pain management was designed specifically for labor use. Understanding how to support, manage pain and eliminate anxiety in birthing mothers and knowing about breathing and meditation techniques, affirmations and yoga poses midwives will learn how to offer alternative support to women. The Yoga Birth Method book is sold in five languages worldwide.

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