

WELCOME

PLEASE HELP US CREATE A CALM, SAFE BIRTH



DIM & QUIET
PLEASE



HYPNO
BIRTHING



AVOID PERFUME
& FRAGRANCED
PRODUCTS
(ALLERGIES/MCAS)



PLEASE ASK BEFORE
USING ANY
PRODUCTS
(SEE NOTES)



hEDS (JOINT
INSTABILITY)
GENTLE
HANDLING

thank you