

# Release for Birth



**Walk Barefoot**



**Release Pelvic Floor**



**Stretch Calves**



**Lunge**



**Lengthen Hamstrings**

 **CHANTAL TRAUB**  
Pushing Power

*2nd Stage Labor: Pushing and The Pelvic Floor*

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**Lengthen Pelvic Floor**



**Release Inner-Thighs**



**Pelvic Breaths**