

# OUR YOGA AFFIRMATIONS FOR PREGNANCY

I am strong & capable.

I believe in my ability to give birth with strength & power.

My body knows exactly how to nourish my baby.

I have enough love to share.

I give myself the right to accept love & nourishment from others.

My baby is healthy & beautiful.

I love my pregnant body.

I will let my labor & birth be its own unique experience.

My baby is in perfect health. I am in perfect health.

I embrace the concept of healthy pain.

My pregnancy is perfect. I will deliver a happy, healthy baby!

I am strong and healthy and sailing right through this pregnancy.

As my healthy baby grows within me, I am more attuned than ever to the perfect rhythms of nature & my body.

I trust that my body knows exactly what it's doing.

My body is beautifully nourishing the child I carry. My child & my body are perfectly healthy.

I am calm, cool, & confident throughout my pregnancy. This is the most beautiful 9 months of my life.

I choose to see the beauty in this whole process of bringing new life into the world.

My love & connection with this child within me humbles me every day. I am blessed and I know it.

I am a beautiful pregnant woman, and I receive support on all levels.