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Introduction to the yoga birth Method - Yoga Birthing, created and authored by Dorothy Guerra.

dorothy@birthyogastudio.com Yoga Birthing is a way to prepare for and embrace a natural birth experience.

The Yoga Birth Method Yoga for Childbirth- Labor Techniques Series Videos

Yoga Birth Method. What is the yoga birth method? The Yoga Birth Method is an 8 step birthing pathway that empowers women through a natural and mindful childbirth experience. YBM's philosophy is for the mother to connect with her baby during childbirth and to engage in her labor as an experience of enlightenment.

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