A positive birth isn’t necessarily a pain free birth or a natural birth, but an experience that puts Moms (and Dads) in the drivers seat on the most incredible day of their life. During my Reflexology sessions I incorporate new “edge” science based on sports psychology techniques employed by professional athletes and give you tools and techniques to prepare you physically and mentally for a calm and confident birth. The anxiety and stress a woman experiences during labor causes her body to react in ways that increase high levels of stress hormones, increasing pain and causing labor to become dysfunctional. I have helped many couples to remain calm, confident and more in control during the preparation for the birth of their baby.

Experience first hand the power of Conditioned Response Reflexology. CRR uses distinct techniques and is based on “Pavlov’s theory” of combining 2 stimuli to cultivate “non-directive concentration. Instead of focusing on stressful thoughts and emotions, the mother’s mind stays relaxed, providing sustained relaxation during the first few stages of labor. Mothers experienced a more relaxed and expedient childbirth with much less pain. To be most effective, it is recommended to have between 4-6 sessions before the due date.

Remedial reflexology relieves pain and is a therapeutic treatment for a full range of conditions, including anxiety, depression, and pre-natal, postpartum and a positive childbirth. Conditioned Response Reflexology promotes your physical and emotional wellbeing.

**Vera Krijn** ARCB RAF CRR HFP, is a certified Reflexologist and Nutritionist who has been practicing for 20 years. She is specialized in Reproductive Health, Pre-Natal, Postpartum and Labor support. Vera served 6 years as president of the New York State Reflexology and heads their advisory committee. She teaches certification and continued educational classes in the USA and Europe, and was featured in a 30-minute documentary about her work for NHK Japanese TV.

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