

Email 2: Subject: Birth Shouldn't Be Scary - Let Me Make it Simple

Hey {{contact.first_name}},

I get it- giving birth can be scary. When your water breaks, it's a rush unlike any other. Trust me, I've been through it. *Twice*.

But really, birth is a natural, beautiful process- and it shouldn't be a source of fear or anxiety. I am dedicated to helping you conquer life's greatest and most important challenge, on game day and beyond.

During my Free Webinar, I'll walk you through my step-by-step process for a smooth and fearless natural birth. It's a unique approach guaranteed to get you prepared physically (and, more importantly, mentally!) for the big day.

Excited? Because I certainly am. Stay tuned!

Healthy Mommy, Health Baby, Labor On!

-Krisha

{WAIT 1 DAY}

Email 3:

Subject: This Birthing Video Went Viral (8.1M)... This is Why!

Hey (Name),

One of the most common questions I receive is, "Krisha, why is my dilation so small?"

It's an important question. When not properly dilated, labor can turn long, arduous, and cause unneeded pain.

In a recent viral Instagram video, I showed exactly why dilation is so important, and what you can do to help.

<https://www.instagram.com/reel/C5meKwbAjeA/>

The long-and-short of the situation boils down to....

1: Make sure the baby is well positioned. If the baby tries to descend through the pelvis with a tilted head, the cervix will struggle to expand.

2: An imbalance of muscle and tissues can cause the baby to descend in non-optimal way. So...

3: You need to train to ensure your body has the right balance and help your baby position itself properly!

Curious about how to improve this? It's just one of the many essential topics we'll explore in my free webinar this (date)! Join me and come prepared with your questions!

Healthy Mommy, Health Baby, Labor On!

-Krisha

{WAIT 1 DAY}

Email 4:

Subject: Yes, you can stay fit during pregnancy...here's how.

Hey {{contact.first_name}},

It's so easy to fall into the trap of using pregnancy as an excuse to stop caring about your fitness. I mean, you're growing a whole *person* inside you, isn't that an excuse to skip the gym?

Absolutely not!

Now, I'm not saying you need to keep the same workouts you had before. But staying active during pregnancy is the best way to ensure the birth itself goes smoothly. In fact, it's *more* important than before you were pregnant, for the health of you **and** your baby!

Want to get started? I put together an easy routine for any fitness level.

(Embed <https://www.instagram.com/reel/C3npxshg4NX/>)

Every pregnancy is unique, that's why during my free webinar, I'll be dedicating time to a live Q&A session to address your questions and design what is best for your body. But no matter what, training for birth means preparing your body for what it was always made to do: give a safe, natural birth.

In the meantime, curious to learn more? Check my latest blog post ["Exercises That Will Strengthen Your Birth Journey"](#) for insights and tips to empower your pregnancy.

Healthy Mommy, Health Baby, Labor On!

-Krisha

{WAIT 1 HOUR}

SMS 2:

Serenity Life Doula: Yes, you can stay fit during pregnancy...here's how. Learn more with my guidance: <https://trainforbirth.com/exercises-that-will-strengthen-your-birth-journey>

{WAIT 1 DAY}

Email 5:

Subject:

Opt: The Secret to a Successful Birth? Your Knees!

Hey {{contact.first_name}},

When you think of how birth is depicted in movies, TV, and media in the modern day, you tend to see a woman lying on her back, knees spread.

That is absolutely **not** how we were meant to give birth!

Giving birth should be a natural position. Your body was built for this, and your instincts know what's best. The most comfortable, natural position for your body to take is one with your knees closer together, and *not* on your back!

Why? Here's a visualization.

https://www.instagram.com/reel/CuaAAFIJqR8/?utm_source=ig_web_copy_link

As you can see, your body already instinctively knows how to create extra space for your baby during the birthing process. In that crucial moment, your femurs rotate internally, knees draw closer, and ankles rotate out—naturally optimizing the space at the bottom of your pelvis.

Trust yourself and your body. Your DNA is programmed for birthing success. Let go of external directives and follow your innate instincts.

During my free webinar, I'll be showing you how to better listen your body's cues. Make sure you join me on time!

Healthy Mommy, Health Baby, Labor On!

-Krisha

{WAIT 1 HOUR}

SMS 3:

Serenity Life Doula: Learn the right way to use the hands & knees position during birth:
<https://www.instagram.com/p/CuaAAFIJqR8/>

{WAIT 1 DAY}

Email 6:

Subject: Hear It From Them: Real Stories, Real Results

Hey {{contact.first_name}},

Motherhood is a team sport. We're all in this together, but still, it's often to feel as if we're the only ones struggling.

I often speak about the power of preparation, confidence, and trust in your body's innate wisdom- but today, we're going to celebrate something equally powerful. Solidarity.

I want to step aside and let the voices of those who've walked this path with me share their experiences. Because I promise, you are not alone in your desire for a safe, holistic birth.

“This experience made me feel WAY more equipped for game day. I feel more prepared & know my husband does as well. Krisha is the TRUTH and a birth guru.” **-Stephanie C.**

“Krisha was great! Information was delivered effectively and clearly. She personalized exercises based on what each one needed. And I feel more confident going into our first birth center birth.” **-Kaitlyn H.**

“Krisha is amazing! She has helped me better understand so much about pregnancy and labor and that's even with having a medical background. Her knowledge and activities have made me feel much more prepared for my delivery and have helped me deal with issues throughout my pregnancy. I'm very grateful for her and glad I found her classes!” **-Amy G.**

Whether it's your first time on this path or you're looking to approach it differently this time around, know that you're not alone.

Let's work together so we can make your birthing experience one of confidence, joy, and profound connection.

Feeling inspired by? Join us and become part of a community dedicated to transforming the birthing experience. Your journey towards a more prepared, confident, and empowered birth starts here.

Healthy Mommy, Health Baby, Labor On!

-Krisha