

Mp3 Birthnotes - Janet Rabin Phillips - Birthnotes- Music During Childbirth

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This collection features soothing melodies along with adorable baby themes that help the birthing mother stay focused and relaxed during labor. The music is compatible with natural breathing techniques taught in childbirth classes. 12 MP3 Songs in this album (42:53) ! Related styles: NEW AGE: Relaxation, NEW AGE: Healing People who are interested in Kitaro Steven Halpern should consider this download. Details: Birthnotes is a collection of original compositions designed to provide relaxation and distraction for women in labor. The music is compatible with the natural breathing techniques taught in childbirth classes, so the mother can breathe along with the rhythms of the music. Birthnotes can be used before labor to practice breathing exercises, during labor for relaxation and after labor to calm the newborn baby! BIOGRAPHY Janet Rabin Phillips received a Bachelors Degree in Music Composition and a Masters Degree in Film Music from the North Carolina School of the Arts. She was specifically trained to study the emotional aspects of music and has scored films in all genres including epic, drama, comedy, sci-fi and action. Janet began researching sound healing techniques with the births of her two daughters and began sharing her music with other expectant mothers. Through use of specific harmonies, vibrations and rhythms, Janet has created a way for women to have a positive birthing experience.

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