



TOP TIPS • PREGNANCY

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*Feel as
abundant and
voluptuous as
Mother Earth.*

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KATIE HOLDEN

SWIPE >



PREGNANCY • INTRO

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The baby within you waits in the liminal space of not being fully here yet. This passionate symbiosis between two souls is the closest embrace possible.

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PREGNANCY • INTRO

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*The feminine energy
of creating and
growing new life will
radiate through the
woman who is
honoured and
celebrated in her role
as mother-to-be.*

KATIE HOLDEN

SWIPE >



PREGNANCY • INTRO

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*As we grow baby from
the size of a poppy seed,
we are working with the
chronology of the
beginning of time,
generating substance out
of our own source.*

*Women need to be
exalted, as they navigate
a total body & mind shift
over ten moon cycles,*

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SWIPE >



TOP TIPS • PREGNANCY

1. Go barefoot mama

Whilst this has previously been the domain of wilful toddlers, taking off your shoes and socks in outdoor spaces is being proven beneficial to health in emerging scientific research.

Reduce stress, elevate mood, scavenge free radicals, and modulate your cardiovascular system through skin-to-earth connection, beginning at 20 minutes per day on grass, soil, sand or rock.

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2. Food alchemy

With nausea, reflux, insatiable hunger and shifting aversions to negotiate, pregnancy can feel like a pretty rough ride for the digestive system. Mixed with tiredness that can rival post triathlon athletes, finding the right ingredients and rhythm to mealtimes can be an art in itself.

To cultivate high energy and culinary peace, sprinkle superfood powders like beetroot, spirulina, maca, nettle and seaweed into soups, smoothies and Buddha salad bowls. These are the original multivitamins and give you warrior protection against bacteria and viruses, whilst boosting vitamin reserves.

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3. Cultivate sensitivity

Your body is changing and blossoming a shape blessed by the likes of the goddess Venus. Fuller belly, breasts and thighs may feel uncomfortable at first, especially if there are issues in your past that prevented you from embracing the feminine, but now is the time to deeply appreciate the fertility you have been gifted.

Make it a ritual to check in with your body, and to soothe the places that are calling for attention. Try nightly baths with a diffuser and your favourite essence, followed by an all over herb-infused body oil, like Rosehip.

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4. De-frazzle

Most of us live fast paced lives with plenty of stimulating screen time, run off our nerves, or are last on the family priority list. This dynamic relegates rest to a luxury, and we increase the risk of reproductive and hormonal problems when we don't slow down!

To feed your nervous system and calm your baby, fill up your daily cup with restorative herbs like oatstraw, hawthorn flowers, and skullcap. Add in a spoon of cold pressed oil for blood sugar and mood stability.

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5. Soul talk

Intuition is authoritative knowledge, often held by women in connection with their children. Take a moment to talk with your baby, let them feel your love and connection.

The unique journey of this pregnancy and birth will take you to powerful terrain that initiates you into mothering this particular soul.

Flower remedies, crystals, amulets and other spiritual tools may help you create space and time to practice tuning in.

KATIE HOLDEN

WISHING YOU WELL



TOP TIPS • POSTPARTUM

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*Feel as
feminine and
powerful as
Mother Earth.*

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KATIE HOLDEN

SWIPE >



POSTPARTUM • INTRO

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Motherhoods, like neighbourhoods, are places to connect over common ground. Women support *each other* through sharing the responsibility of raising precious children.

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SWIPE >



POSTPARTUM • INTRO

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When we ride the
storms and the
rainbows together,
we reap reciprocal
rewards.

KATIE HOLDEN

SWIPE >



POSTPARTUM • INTRO

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Maternal health is pivotal in creating healthy societies, but mothering can feel lonely and restrictive.

Here are my tips for honouring your limitless worth as a newborn mother.

KATIE HOLDEN

SWIPE ➤



TOP TIPS • POSTPARTUM

1. Revel in the quality of softness

The new landscape may be messy and feel uneven, but ground yourself in your awesome body by keeping wrapped up in cosy blankets, connecting skin to skin with baby, and surrounding yourself with feminine shapes that honour the voluptuous curves of fertility (build an altar if you want!)

This phase requires embracing a non-linear rhythm - there'll be spirals, circles, flow, fluids, and epic heights of intuition.

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SWIPE >



TOP TIPS • POSTPARTUM

2. Level the playing field

The sacred pause that you need to take after you have grown and birthed another human being sometimes makes you feel like you're on the sidelines. Everyone else is free to have fun, whilst you are practically housebound, or plodding the same square mile, with luggage worthy of the whole team in tow.

Raise your expectations of others to take care of you as you recoup and repair in the red tent, and take to heart that you are at the beginning of your own 'game' in which you are the one and only superstar.

KATIE HOLDEN

SWIPE >



TOP TIPS • POSTPARTUM

3. Thank your womb

The origin of the word 'woman,' and meaning 'hollow' in the old Germanic language, this astounding organ has plenty of proverbial baggage attached. The medieval saying, Blood is thicker than water, speaks to the potency of the blood connection between mother and child - and now is the time to sing that song from the rooftops!

Drink uterine tonic teas like Motherwort & Mugwort, to support the cleansing, repair, and celebration of your feminine creatrix.

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TOP TIPS • POSTPARTUM

4. Feed your soul

There are many traditional cultures around the world where the postpartum community 'meal train' is alive and thriving. This involves neighbours and family preparing wholesome and hearty warm foods to build the mother back up, after the exhaustion of birthing and feeding a newborn.

Lavish your plate with feminine foods, like baked spiced pears, creamy soups, coconut curries, and eggs and avocado on toast. Stoking the digestive fire by including aromatic herbs, allows your deepest energy to flourish.

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TOP TIPS • POSTPARTUM

5. Get in circle

Take some lessons from the animal kingdom - new mother mammals fiercely protect their space. No negative energy allowed, the golden window of bonding with baby is underway! You're in good company with dolphins, who nurse their babies four times an hour, and whales, whose calves literally don't sleep for the first 30 days...Create a paradise of positive people and a sanctuary away from overstimulating influences.

Every day is Mother's Day in motherhood's garden.

KATIE HOLDEN

WISHING YOU WELL