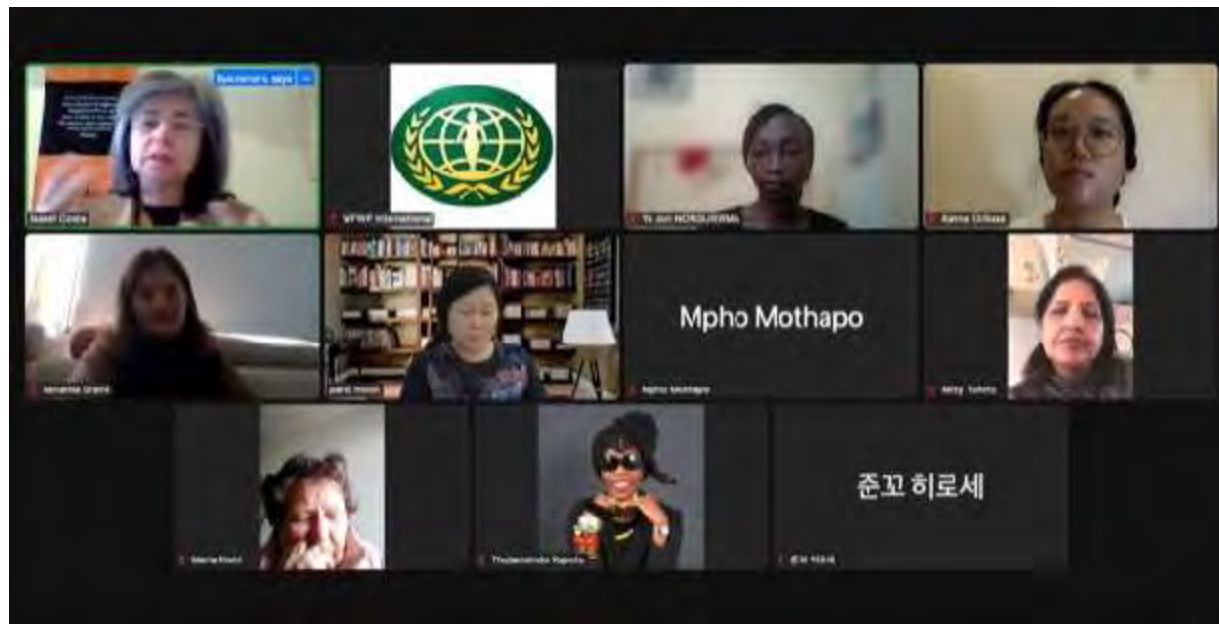


WFWP International: Pregnancy Meditation Session For Moms-To-Be

Mion Tsuchiaka
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Pregnancy is beautiful, exciting and magical, but it can also be incredibly stressful. One of the most effective ways to keep stress away and recalibrate yourself is through meditation. The Women's Federation for World Peace International (WFWPI), along with Portuguese happiness consultant Dr. Isabel Costa, hosted an international virtual meditation session for future and expectant mothers on February 8, 2023.

The meditation session helped not only by setting aside just a few minutes of the day to be quiet, but also to focus on breathing and releasing all thoughts that can support feeling refreshed and rejuvenated.

Some of the benefits of practicing meditation included for moms-to-be:

- Better sleep
- Connecting to your changing body
- Anxiety/stress relief
- Peace of mind
- Less tension
- Positive labor preparation
- Lower risk of postpartum depression

The meditation sound file was then given to the participants so that they could practice meditation on a daily basis up until their due dates.

The sessions brought together pregnant women from all over the world, also providing a networking opportunity after the meditation for future mothers to share their feelings and concerns and to receive advice on pregnancy. Experienced mothers of various ages also participated, offering advice on preparing for childbirth and motherhood. It was a peaceful and safe space where everyone felt safe and relaxed.

Dr. Isabel Costa has been the Ambassador of Peace of the WFWP since 2011. She graduated in Naturopathy from Escola Superior de Biologia e Saúde (Portugal) and in Hypnotherapy by IACT (USA). Dr. Costa is the author of two books on healthy eating and co-organizer of the Multidisciplinary Congress (in partnership with ComMedida) on Healthy Eating with one or two annual editions bringing together professionals from various areas of health and the country for 6 years. She is the creator and trainer of the Holistic Nutrition Course, teaching at the Institute of Traditional Medicine since 2014. Dr. Costa is a postgraduate in "People's Management and Organizational Happiness" by Universidade Atlântica. Currently, she is a happiness consultant at the individual level (through consultations) and in groups (through online training), and at the organizational level. From the age of 10, she began a spiritual search until the age of 18 when shortly afterward she became a member of the Family Federation for World Peace and Unification, living in several western and eastern countries.