

## FOR IMMEDIATE RELEASE



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### ***Prenatal Peace & Calming™ Tools for a Peaceful Pregnancy in a Busy World Good Parenting™ Seal honors Audio Relaxation CD Designed for Pregnant Women***

Nutley, New Jersey (May 29<sup>th</sup>, 2009) The Good Parenting Seal from Parental Wisdom®, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the seal to doula Jill Wodnick for her CD *Prenatal Peace & Calming™*.

Popular prenatal yoga instructor and expert doula for *Pregnancy Magazine*, Jill Wodnick, M.A., ([www.JillWodnick.com](http://www.JillWodnick.com)) sees expectant women seeking authentic ways to connect with their growing baby and reduce the stressors of daily life. *Prenatal Peace & Calming (TM)* (\$12.99) a 35 minute guided relaxation CD designed specifically for pregnant women, gives busy expectant moms a refreshing relaxation practice to harness their intuition with their growing baby at any point in their pregnancy.

Hailed by reviewers as 'making relaxation accessible and real with toddlers and other commitments' *Prenatal Peace & Calming™* provides proven methods of stress reduction which:

- Reduce cortisol, a stress hormone linked to preterm labor
- Improves immune functioning and deepens sleep patterns
- Increases oxygenation for expectant mother and growing baby
- Awakens intuition and deepens her connection with her growing baby
- Is inclusive of spouses/partners in the guided meditation

With a blend of therapeutic sounds and tools to deepen the spirit, *Prenatal Peace & Calming™* is a strategy of self care to promote wellness in one's pregnancy. *Prenatal Peace & Calming™* is available at [www.JillWodnick.com](http://www.JillWodnick.com) or can be downloaded as an MP3 through [www.cdbaby.com/jillwodnick](http://www.cdbaby.com/jillwodnick). Proceeds of the audio relaxation cd support EarthBirth, an international non profit agency devoted to making childbirth safe in war torn regions. Speaker: Jill Wodnick, M.A., UPC 884501030823, retail price, \$12.99

#### **About the speaker**

Jill Wodnick, M.A., is a dynamic communicator using her words to inspire and empower. Jill has years practicing as a certified birth doula, holistic childbirth educator and creator of women's rites and rituals for pregnancy and birth. She has trained women's health professionals at Expectant Head Start, the Black Infant Mortality Resource Reduction Center as well as hundreds of expectant parents! Specializing in pre natal yoga, uses the tools of shamanism, meditation and yoga. Jill is the Expert Doula for *Destination Maternity*, the largest maternity retail, *Pregnancy Magazine*, and the PBS program 'Real Savvy Moms'. Frequently quoted as an expert in childbirth, pregnancy and parenthood topics, Jill is passionate about the essential topic of maternal-child health.

#### **About the Good Parenting™ Seal**

Evaluated by parents, the seal is awarded to books and media that address parenting issues that are clear, helpful and actionable. The Seal exists to resolve the issues of parents with limited time and money to sort through the thousands of books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent Office. For more information visit [www.parentalwisdom.com](http://www.parentalwisdom.com)

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