Lessons and sections can be completed in any order.

1. Getting Ready for Pregnancy - Moon 1; Body, Mind and Spirit
   - Self Care for Hormonal Health and Basics of Fertility Charting with Sarah Bly
   - Maryn on Spiritual and Emotional Preparation for Pregnancy
   - Vaginal Steaming with Keli Garza
   - Partner Preparation for Pregnancy
   - Indie Birth Podcasts
   - Get to Know Your Cervix
   - Self Care Assessment Discussion

2. I'm Pregnant! Moon 2; Laying the Foundation (weeks 4-8)
   - Nourish Your Natural Pregnancy with Margo and Maryn
   - Robbie Davis-Floyd Video on Intuition as Authoritative Knowledge
   - The Wise Woman Model and Some Resources
   - Indie Birth Podcasts
   - Blog Posts on Finding a Midwife
   - Miscarriage and Loss
   - Discussion: What do you want prenatal care to be for YOU?
   - Care Provider Chart: What do YOU Want in Someone?
   - SPECIAL Indie Birth Micropodcasts

3. Getting Started on the Right Foot: Moon 3; Early Pregnancy (weeks 8-12)
   - Ultrasound Resources
   - Figuring Out Your Guess Date
   - Teratogens and What to Avoid
   - Indie Birth Nutrition Podcasts
   - Other Nutrition Resources
   - Sample Meal Plans; Omnivore and Vegan
   - "Different Diet Types" Nutrition Webinar
   - Journal and Interview: Our Cells Remember Birth
   - Early Pregnancy Testing Checking
   - SPECIAL Indie Birth Micropodcasts

4. Tuning In: Moon 4; What You Really Want (week 12-16)
8. Details of the Birth Journey; Moon 8 (weeks 28-32)

- Anatomy and Physiology of Labor and Birth Video
- DIY Prenatal Care Part 2
- Pregnancy Alignment Information
- Pushing for First Time Moms
- Belly Mapping for Parents
- Clinical Topics: Blood Work and Rhogam
- Clinical Topic: Breech
- Anatomy and Physiology Coloring Pages
- SPECIAL Indie Birth Micropodcasts

9. Visualizing Birth; Moon 9 (weeks 32-36)

- Manifesting an Undisturbed Third Stage with Marny
- Indie Birth Videos With Commentary
- Human Rights: Infant Rights at Birth by Ibu Robin Lim
- Buckley's "Healing Birth, Healing the Earth"
- Other Important Indie Birth Podcast Episodes
- Indie Birth - Birth Stories!
- Visualizing Birth and Clearing Fears Worksheet
- EXTRA: Meditations and Mantras
- SPECIAL Indie Birth Micropodcasts

10. The Final Frontier: Moon 10 (weeks 36-40)

- Labor Strategies
- Indie Birth Exclusive: Birth Videos!
- How to Get Awesome Photos and Videos of Your Birth with Margo
- Clinical Topic: GBS
- Clinical Topic: Waters Opening Before Labor (PROM)
- Comfort Measures Discussion

11. Beyond the Due Date; Moon 11

- Video: "The Varied Postpartum Landscape"
- Placenta Options
- Clinical Topic: "Postdates"
- Emotional Resources for Past the Due Date
12. The Early Days After Birth; Moon 12

- Postpartum Preparation Workshop
- "Babies Suck" Webinar (Breastfeeding)
- Postpartum Practices Around the World
- Ayurvedic Perspective; Our Favorite Resources and a Short Video on Herbs
- Some videos
- IB Podcasts
- Circumcision Info
- Fourth Trimester Worksheets

13. Postpartum and Beyond; Moon 13

- Webinar: Pelvic Floor Health After Birth
- Sleep! Newborn to 5 Months
- Return to Fertility in the Postpartum
- The Postpartum Sex Episode: Why We’re Having Our Best Sex After Baby
- When Birth Does Not Go As Planned; Transport and Trauma
- The First Few Weeks After Birth - What is Normal
- Sexuality After Childbirth; Exclusive Indie Birth Webinar
- Attachment Parenting Podcast: Maryn and True Autonomy in Pregnancy and Birth
- COURSE FEEDBACK: AND FREE STUFF FOR YOU!
- Indie Birth Webinar: The Art of Potty Training Your Baby