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 fertilugo/Instagram

Childbirth has been known to "deliver" some pretty memorable experiences, but this one definitely soars to the top of the list. Venezuelan ob-gyn Jham Frank Lugo captured [incredible video of a breech "gentle" cesarean delivery](#) you simply can't unsee! Seriously, be prepared to have trouble closing your mouth as you stare at this video on your computer screen.

As [Dr. Lugo describes in his Instagram post](#), this amazing "gentle" cesarean delivery was pretty peaceful, with music playing in the background for the mom and dad to enjoy, and doula support.

[More from CafeMom: 'Gentle' C-Sections: 1 Mom's Experience With This New Birthing Alternative](#)

"We can see the video of a respectful and careful birth with obstetrical maneuvers described ... with monitoring to ensure the safety of the baby and mother are allowed," Dr. Lugo writes in the caption.

What's so mesmerizing about this footage is seeing the mom's baby boy born up close -- and from a breech position, no less!