

## What is Hypnobirthing?

*Hypnobirthing is an Antenatal Education programme designed to help empower you to achieve a positive birth experience.*



## Benefits of Hypnobirthing?

- Relaxed body and mind.
- Understand your body and the birthing process.
- Helps labour to progress more naturally.
- Release fear and trust your body, your instincts, and your baby.
- Know your options so you can make informed choices.
- Your birth partner will learn how to have a central role in the birth.
- Baby is born into a calm and relaxed environment.

Helps you develop lifelong tools for relaxation and stress management.

The course teaches simple but effective self-control, relaxation, visualisation and breathing techniques, from the evidence-based KGH model.

It is delivered in four 3 hour sessions online and your birthing partner is also welcome to join. After you attend your 1st session, you will receive printable course theory and links to free MP3 audio tracks.

Ideally we want you to finishing the course around 34 weeks pregnant to give time to practise the breathing techniques. It is important that you attend all sessions, as places are limited.

