

Birthing with Love - HypnoBirthing Course with Yvette September 6th – October 4th

If you are Looking for a course that will help you to feel more confident, prepared and relaxed about the birth of your baby, you have come to the right place...

Birthing with Love is a comprehensive HypnoBirthing course, helping parents to prepare for the birth of their baby and teach mothers how to instinctively birth calmly and gently, as nature intended.

The Birthing with Love course will guide you through the original Mongan Method HypnoBirthing™ programme, created by Marie Mongan over 35 years ago. Accredited by the Royal College of Midwives, this is the most successful HypnoBirthing program worldwide. The Mongan Method of HypnoBirthing has provided many couples with wonderful, calm birth experiences, including the Duchess of Cambridge and the Duchess of Sussex.

Birthing with love is run by Yvette, an experienced, qualified Antenatal Teacher, HypnoBirthing Practitioner and mother of three HypnoBirthing babies. Yvette will teach you the techniques to help you to experience birth in an atmosphere of calm relaxation, free of fear and tension, encouraging the mother's body to function as nature intended.

The benefits of HypnoBirthing:

HypnoBirthing - The Mongan Method™ is a unique method of relaxed, natural childbirth education, enhanced by self-hypnosis and guided imagery techniques that allow women to use their natural abilities to bring about safer, easier, and more comfortable birthing. Some of the many benefits include:

- Release of fear and limiting thoughts surrounding birth
- Learn calming techniques that can be transferred into everyday life
- More likely to experience a shorter labour
- Reduction in complications and surgery
- Reduced need for pain relieving medication
- Lower intervention rates
- Confidence in making calm, informed decisions, that are right for you and your baby
- HypnoBirthing techniques can be used in all types of births - home, birth centre or hospital
- Better postnatal recovery, both physically and emotionally
- Fully inclusive of birth partners who are an integral part of the pregnancy, birth and beyond
- A more gentle transition into the world for the baby
- Better breastfeeding initiation
- HypnoBirthing babies tend to be calmer, feed better and sleep better

Courses

HypnoBirthing courses are taught in a format of 5x 2.5 hour classes. Any time from 20 weeks pregnant is a good time to attend a course. If you are very near to your birthing time, please get in touch as it may be possible to make special arrangements for individual classes with you.

Each couple/mother will receive a supporting HypnoBirthing book, course handouts and audio CD/MP3 download.

Group Course

Enjoy the opportunity to meet other expectant parents and learn the wonderful techniques of relaxation and self hypnosis.

A 5 week group course costs £295.
Classes held on Friday evenings - 7.30pm-10pm



Private courses available - please contact me for details.

Find me on facebook for more details: <http://facebook.com/hypnobirthingwithloveuk>