

Looking for **proven and effective**
ways to **reduce pain** and
prepare yourself for birth?



The UK's leading provider

Hypnobirthing classes

Natural pain relief
for birth

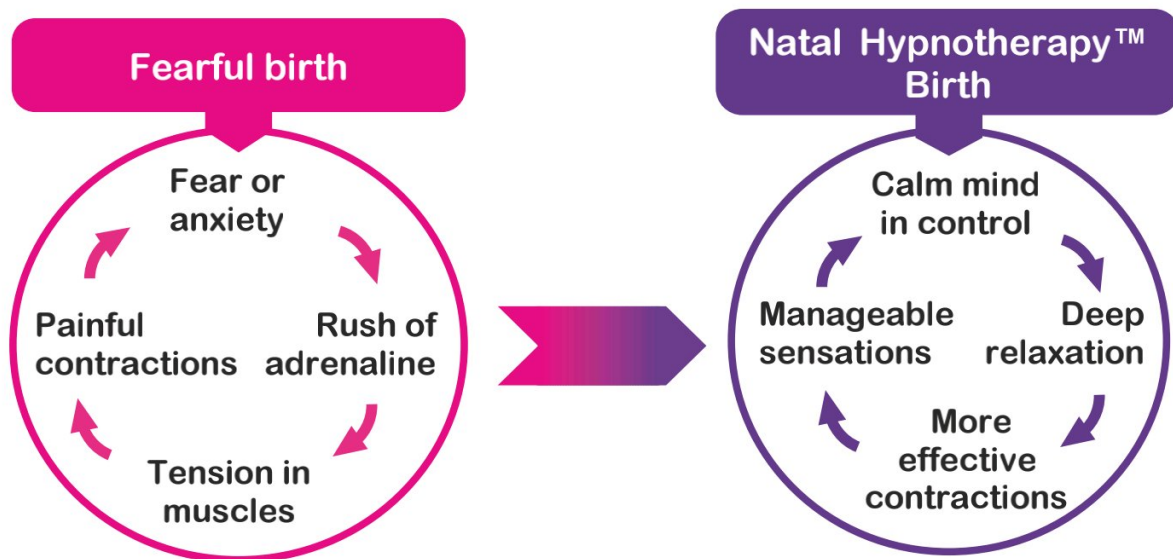
Practical birth
preparation



- Learn effective and easy to use techniques to manage pain
- Learn simple techniques to reduce fear of childbirth
- Classes complement other antenatal classes
- Attend on your own or with a birth partner
- Meet people in your area and make new friends

www.natalhypnotherapy.co.uk

If you're concerned about the prospect of giving birth, don't worry – you're in the majority. But as this diagram shows, a fearful birth can become a vicious circle. BUT you can break this circle with the techniques learnt on this workshop, which help you move from the potential for a fearful birth to a calm and relaxed birth.



Part 1. Natural pain relief for birth

The first part of the hypnobirthing course will teach you:

- What hypnosis is and how it works
- How fear and anxiety can impact your body during the birth
- How to quickly and easily reduce adrenaline associated with fear and anxiety in labour
- Natural ways to work with your body to reduce pain in child birth
- Self-hypnosis skills to overcome fear, increase your confidence and trust in your ability to give birth
- Effective breathing and deep relaxation technique
- Rapid trigger techniques to enter deep relaxation
- Ways your birth partner can help you achieve a deeply relaxed state before and during labour



Part 2. Practical birth preparation

The second part of the hypnobirthing course will teach you:

- Practical techniques to help you stay calm and relaxed during child birth including massage, using a birth ball, water birth and birthing positions
- A clearer perspective on why fear on birth has become such a major issue
- How your body works best during labour and what you can do to help it by fully understanding the power of hormones
- How your emotions change during labour and signs for your partner to look for
- Practical tools and techniques for your partner to keep you calm, relaxed and ease discomfort during birth
- Effective ways to build rapport and work with the medical team supporting you, including understanding the right questions to ask

Natal Hypnotherapy classes can be taken at any time during your pregnancy and complement other antenatal classes such as the NCT, NHS classes and yoga for pregnancy



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"The best part for me was understanding the emotional aspects of birth (not covered by other classes) the importance of preparation, really grasping how natural childbirth is and giving me the confidence and trust in my body. This course has really helped me! Thank you!"

Kate

"The key issues for me that came out of the day were all the ways to provide effective support for my partner, increasing my confidence to deal with the hospital environment and the relaxation techniques. The classes were extremely useful.

Men need to know this stuff."

Chris

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“I didn’t feel any real pain pushing him out, all I felt was pure joy. There is no doubt in my mind that my fabulous pregnancy and birth was thanks to what I learnt on this course”

Classes are taught by fully qualified, insured and regulated Natal Hypnotherapy Practitioners who have all been trained by founder Maggie Howell.

The cost of the course is per couple and includes 6 hypnosis downloads and the “Effective Birth Preparation” Book.

Does it work?

Yes!

Clinical Research shows that the use of hypnosis for childbirth results in:-

- reduced surgical intervention
- reduced use of pain relief medication
- better outcomes for your baby
- faster postnatal recovery
- shorter labour

For more details, visit ‘Research’ on our website.

More than
150,000 women
have benefited from learning
Natal Hypnotherapy™
techniques and

97%

would recommend them to
others!

Go to the web site for
hundreds of inspirational
birth stories!

For locations and more information go to www.natalhypnotherapy.co.uk

To book your a place at your local class go to: