

Lotusbaby

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HypnoBirthing® is a series of classes for families who wish to experience a natural, safe, calm and unmedicated birth. It is a unique method of natural childbirth education that allows women to use their natural instincts to bring about an easier and more comfortable birthing. Emphasis is placed on pregnancy and childbirth, as well as on pre-birth parenting and the consciousness of the baby. It is a stress-free method of birthing that is devoted to helping you learn, through self hypnosis, deep relaxation techniques and special slow breathing exercises the “art of letting go” and opening yourself to the joy of experiencing birth calmly and serenely.

- * **You will receive** a copy of the HypnoBirthing® text, HypnoBirthing- The Mongan Method
 - * Information packed class meetings, helping you understand why labor doesn't have to hurt
 - * Professionally written scripts for your home practice
 - * 2 CDs for your relaxation, stress reduction, and bonding
 - * Many and varied handouts for home use including a Birth Preference sheet for use within your chosen birthing facility
 - * A free hypnotic session in building birth confidence and eliminating fears
 - * Well paced instruction designed to build your confidence and help you to have a safer, easier and more comfortable birth experience
 - * Special calm breathing methods for use throughout labor and during birthing
 - * Private instruction if desired
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- * **You will learn** how to achieve deep relaxation, free of the resistance that fear creates
 - * How to activate your body's endorphines, natural opiates, replacing stress hormones that constrict and cause pain
 - * To gain an understanding of how the birthing muscles work in perfect harmony as they were designed to do, when your body is sufficiently relaxed
 - * How to use self hypnosis techniques and your birthing companion will learn how to assist you in focused awareness

If you are paying by check please make it payable to Cheryl Anderson-Hinz and send to PO Box 367 River Falls, WI 54022
For more information about HypnoBirthing®, please visit the HypnoBirthing Institute's website at www.hypnobirthing.com