

EXCLUSIVE SHOW OFFER – SAVE 10%

When quoting code LBS3 on booking

*The birth was amazing and exactly how I wanted it. I was very quiet and kind of in a trance for most of it. I didn't tear or need any stitches at all. My husband was wonderful and is proclaiming the wonders of HypnoBirthing® to everyone he meets - I don't think he can really believe I was that calm and quiet throughout the whole thing.. Even the midwife said she couldn't tell when I was having a contraction so asked could I please signal to her to time the monitoring - it was all so perfect". **Helen from Cambridgeshire***

These are some of our locations, please check our website for a more comprehensive list

Countrywide

Berkshire-Crowthorne Tel: 07774 890064
Berkshire-Hungerford Tel: 01488 685 151
Berkshire-Reading Tel: 01183 765 548
Cambridgeshire-Cambridge
Tel: 07967 102 059
Derbyshire-Alfreton Tel: 01773 784 296
Derbyshire-Derby Tel: 01332 201 767
Essex-Chelmsford Tel: 01245 600 655
Essex-Epping Tel: 0800 848 8619
Gloucestershire-Cheltenham
Tel: 07742 057 298
Hagley, Worcestershire Nr Birmingham
tel: 01562 882 662
Hampshire-Gosport Tel: 02392 436 698
Hampshire-Gosport Tel: 02392 430 529
Hertfordshire-Welwyn Tel: 07951 102 213
Kent-Meopham Green Tel: 01474 815744

Lancashire-Ingleton Tel: 07788 918 073
Lancashire-Preston Tel: 01772 716 362
Northamptonshire-Northampton
Tel: 01604 702223
Nottinghamshire-Nottingham
Tel: 0845 868 5904
Oxfordshire-Whichford Tel: 07774568339
Staffordshire-Penkridge Tel: 01785 824 907
Surrey-Caterham Tel: 01883 341414
Wakefield Tel: 01924 361 872
Wales-Cardiff Tel: 01446 781 718
Warwickshire-Leamington Spa
Tel: 01926 316 401
West Sussex-Chichester Tel: 01243 603994
West Midlands—Solihull Tel: 0121 350 4556
Worcestershire-Stourport
Tel: 01299 409 011

London

Blackheath Tel: 07780 617 811
Chingford Tel: 07793 363 548
Clapham Tel: 07963 046 456
Crouch End Tel: 020 7723 7628
Croydon Tel: 020 8655 2161
Enfield Tel: 07960 042 387
Hackney Tel: 020 8525 0545

Hampstead Tel: 0845 10 80 419
Hampstead Tel: 0845 33 79 149
Harrow Tel: 020 8933 5322
Notting Hill?? Tel: 07930 323157
Paddington Tel: 07809 834 275
Shepherd's Bush Tel: 020 8743 4995
Willesden Green Tel: 07799 622 024
Winchmore Hill Tel: 020 8360 2518

Want a good birth? Have a HypnoBirth!

HypnoBirthing® Works!

Want to learn more? Visit

www.hypnobirthingpages.com

HypnoBirthing®

Experience for yourself the wonders of HypnoBirthing®
the **ORIGINAL** and still the **BEST** "Birth with Hypnosis" programme in the world.

HypnoBirthing® mums often experience an **EASIER, CALMER, MORE COMFORTABLE BIRTH** where they feel in **CONTROL** and **FREE FROM FEAR**.

HypnoBirthing® mums tend to experience a lower Caesarian section rate, less assisted deliveries, lower induction rates, a faster labour, less use of pain relief, less chance of tearing or needing stitches and less post-natal depression. Dads tend to feel more in control and better able to support their partners and finally HypnoBirthing babies tend to be born with better apgar scores as well as being calmer and more contented.

HYPNOBIRTHING® WORKS! How do we know?

Because there are **THOUSANDS OF WOMEN ALL OVER THE WORLD** who have had calm, comfortable and **EASY BIRTHS** using this amazing method.

HypnoBirthing® Benefits:

A more relaxed and enjoyable pregnancy

Experience birth as a calm and natural process, not a traumatic medical event.

Reduce the length of the first stage of labour by several hours

Learn how to avoid medical induction of labour

Learn how to get your baby into the perfect position for birth.

Dramatically minimise discomfort during labour and birth.

Reduce the risk of tearing or episiotomy during birth and stitches after.

Fathers feel proud to have been able to help instead of being a useless onlooker.

Dramatically reduce your likelihood of suffering from post-natal depression.

Recover physically from the birth much faster.

Babies tend to be calmer, feed better, sleep better and experience less trauma.

Learn amazing relaxation techniques you'll keep for life.

What will you learn on a HypnoBirthing® course?

-Breathing techniques that actually help the birth, rather than make it harder.

-How to release any fears you have about childbirth...regardless of where they come from.

-What to do if you go beyond your "estimated due date".

-How to dramatically reduce your risk of tearing with a stunningly simple technique.

-How to relax and stay calm and in control, regardless of what's happening around you.

-How both parents can bond easily and quickly with the new baby.

-Hints and tips for the dads or birth partner to stay in control and help throughout.

-How to have an easier, calmer more contented baby

HypnoBirthing® Testimonials

Real mums speak.....

*"HypnoBirthing gave us the birth experience we only could have dreamt about".
TV presenter Beverly Turner and her husband Olympic Gold Medalist
James Cracknell from London*

"My eleven pound daughter was born at home after only an hour in labour, I didn't need any pain relief at all and I didn't need any stitches either, it was a wonderful experience. HypnoBirthing® is simply amazing". Sarah from Essex

*"The main thing that kept me calm was my HypnoBirthing® recording - it really came into its own. My hospital notes record the whole labour as 50 minutes; I'm still amazed by it all and couldn't have wished for a better experience".
Mary from Leicestershire*

"Without a doubt HypnoBirthing® radically transformed my attitudes, expectations and therefore experience of birth. I like to think the fact that we had such an easy calm, short, drug free birth is at least partly why our little girl seems such a peaceful contented baby -- eating and sleeping like a trooper, and so quick to be comforted on the rare occasion she starts crying. I won't get tired of thanking you!". Gigi from North London

*"We had our baby boy. The birth was at home and took around 7 hours, no pain relief. The HypnoBirthing® course really helped, mainly the breathing, the relaxing and 'going with it' attitude and also having seen all those videos of births, we knew everything that was happening was totally normal".
Lisa from Hertfordshire*

What will you get for your money?

- A structured but informal course with hours and locations to suit you.

-A copy of the official HypnoBirthing® book, official HypnoBirthing Institute CD.

-Course notes, access to an online discussion forum and ongoing support.

-Know that your practitioner has been fully trained by the HypnoBirthing® Institute, the longest established and respected provider of "Birth with Hypnosis" training in the world.

Want to learn more? Visit

www.hypnobirthingpages.com