



mindful[®] amma

Birth Classes

This inspiring class explores how your state of mind can affect your body and your baby during birth. Hypnobirthing relaxation techniques can reduce the time you are in labour, reduce the need for pain relief and create a more gentle birth for your baby.

This class will teach you to:

- ♥ To have confidence and feel in control
- ♥ To release any fears that you have about the birth
- ♥ Hypnobirthing and relaxation techniques
- ♥ The importance of the birthing partner's role



“ I can honestly say that the experience was far different from my first, it felt more relaxed, I was in control always, hence it was much quicker and afterwards I just felt total euphoria. ”

Mindful Mamma classes are in your area.

Visit: www.mindfulmamma.co.uk
or call: 07501 962525
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to book a place.