

Dear #Name,

You have successfully booked #_BOOKINGSPACES space/spaces for #_EVENTNAME. This space is valid for you and your birth partner. If you would like to bring an additional birth partner, please contact your practitioner directly.

When : #_EVENTDATES @ #_EVENTTIMES

Where : #_LOCATIONNAME - #_LOCATIONFULLLINE

You can get started with your practice today by downloading the mp3s from <https://www.penguin.co.uk/articles/2016/mindful-hypnobirthing>

We recommend that you read the book 'Mindful Hypnobirthing' before the class, you can buy this directly from the site or from any major book retailer.

You can join the private Facebook group, Mindful Mamma to join the Mindful Mamma Community. <https://www.facebook.com/groups/805887229563115/> or follow @sophieletcher_author on instagram for hypnobirthing ideas.

Your practitioner will be in touch shortly and the balance of payment is payable to them at the latest two weeks before the class. In the meantime, if you have any questions at all please feel free to get in touch.

Have a great class!

Sophie Fletcher
Author of Mindful Hypnobirthing & Mindful Mamma