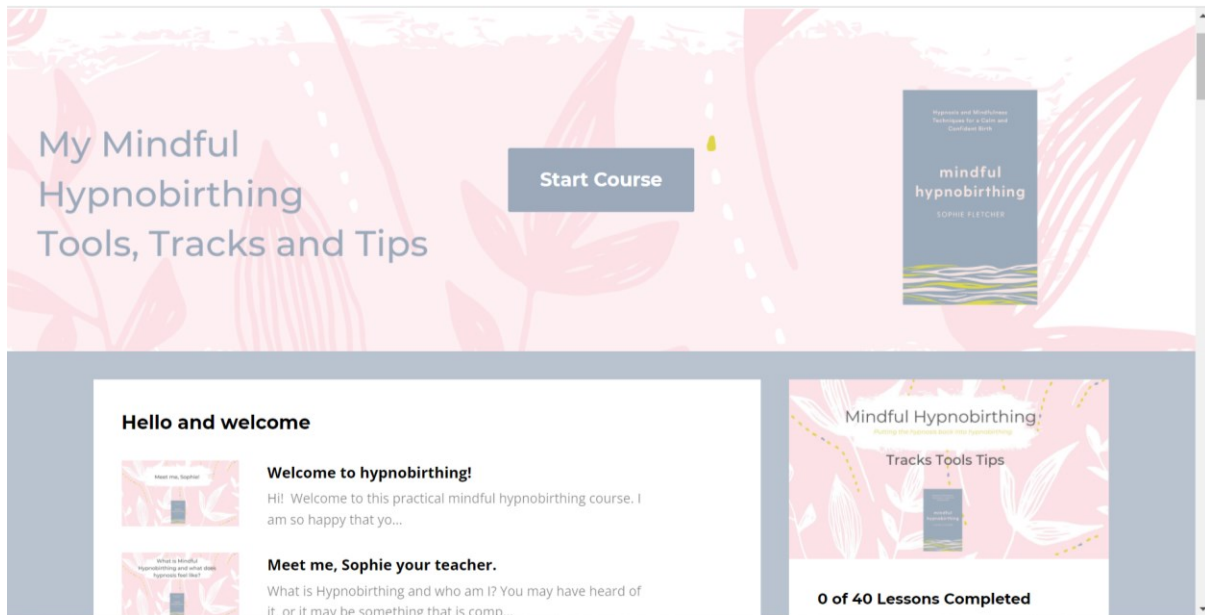


What your clients will see on Kajabi



Categories

11



Hello and welcome

Find out who is teaching you and get your resources. It's as simple as that!



A little bit about hypnosis

A few things to dispel myths and get you feeling comfortable with hypnosis



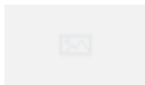
Why it works in a nutshell

This is when you learn what your body is doing and why. It's the "why aren't we taught this moment". Once you know this stuff the tracks and tools will do the rest!



Your Tracks

Here are your basic tracks.



Your Birthing Zone

A quick description of your Birthing Zone



Your Hypnosis and Mindfulness Tools

These tools will help you during contractions, and with specific interventions.



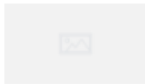
5 minute Summary of what to remember

This is just a rapid run through of what to remember and practice. It will help you focus and come back to what's important.



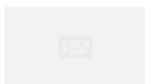
Further Resources

This may be enough for you, but you may want to boost this course with further resources. Here are some books, blogs and sites that will equip you with the tools you need to have a positive birth.



Additional Videos

Here you can find some additional videos to support your hypnobirthing practice.



Visual Tips

These little visuals bring together all your tools in one place for specific scenarios. Dip in when you need a reminder.



1 2



0 of 40 Lessons Completed

Instructor



Sophie Fletcher

Author and Perinatal Hypnotherapist

Hello, my name is Sophie Fletcher and I'm your guide through this course. I'm a clinical hypnotherapist, doula and author of three books. I've got over 15 years experience teaching and training others in hypnobirthing. Enjoy this course and remember that you can always ask questions directly in the Facebook group.



Hello

Support from a real person!

Remember to hop over onto the Facebook group and get into the discussion. You'll also find more support on here.

Use the password **Hypnomagic**

Come and say hello and ask me a question

Mindful Hypnobirthing - Tracks, Tools and Tips / Categories

Categories

11



Bonus material!

You've unlocked some bonus material today that I only give out on my one to one classes. This brilliant checklist guide will guide you and your birthing partner through the day of your babies birth.



1 2



0 of 40 Lessons Completed