

# WHAT IS HYPNOBIRTHING?

HYPNOBIRTHING® - THE MONGAN METHOD

HYPNOBIRTHING TEACHES YOU AND YOUR BIRTH COMPANION THE ART AND JOY OF EXPERIENCING BIRTH IN A MORE COMFORTABLE MANNER. YOU WILL LEARN TO CALL UPON YOUR BODY'S OWN NATURAL RELAXANT, LESSENING OR ELIMINATING DISCOMFORT AND THE NEED FOR MEDICATION.

WHEN A PREGNANT PERSON IS PROPERLY PREPARED FOR CHILDBIRTH WITH THEIR MIND AND BODY IN HARMONY, NATURE IS FREE TO FUNCTION IN THE SAME WELL DESIGNED MANNER THAT IT DOES WITH ALL OTHER CREATURES.

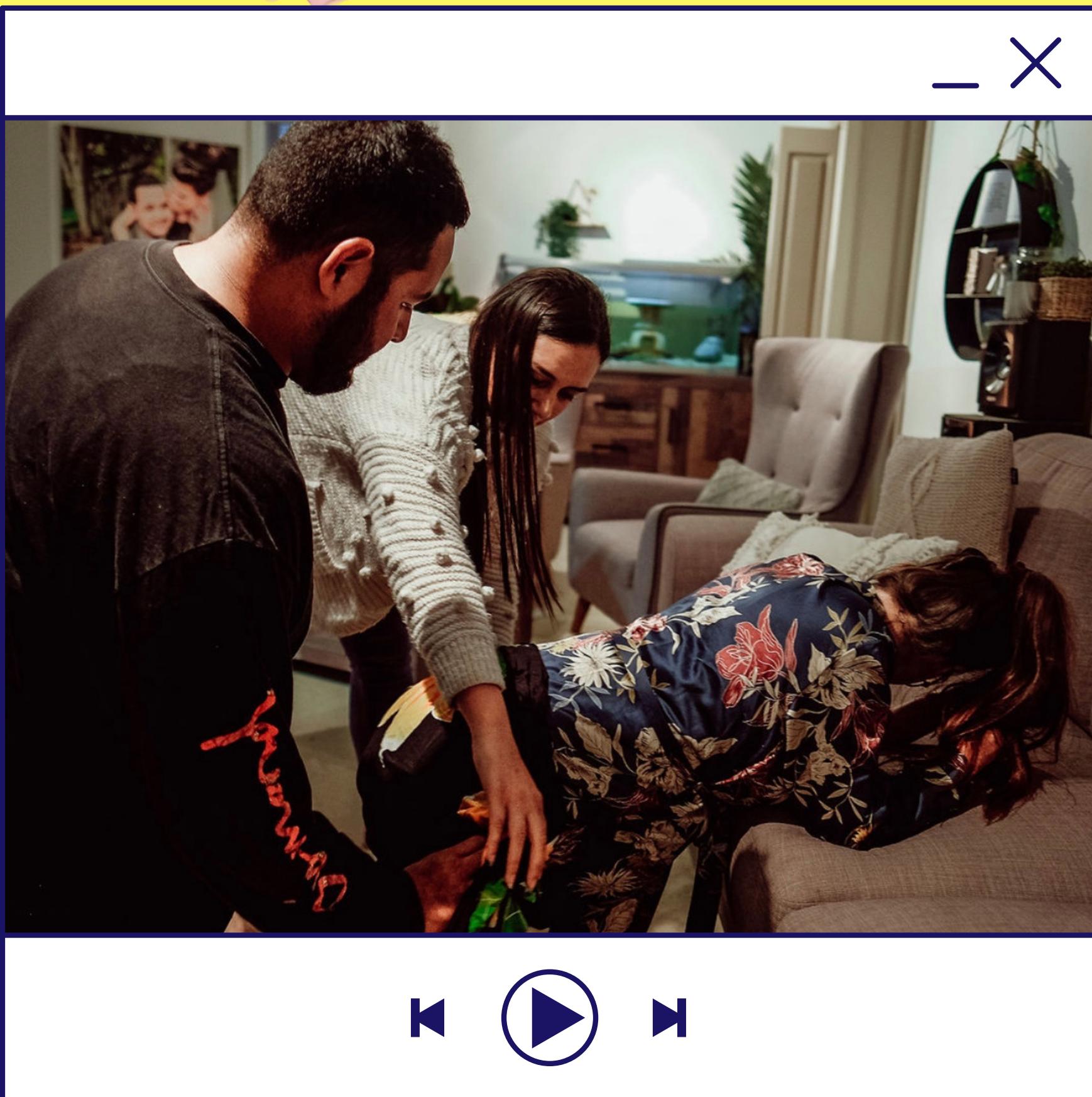
HYPNOBIRTHING TEACHES YOU TO RELEASE ALL PRIOR PROGRAMMING ABOUT BIRTH, HOW TO TRUST YOUR BODY AND WORK WITH IT AND HOW TO FREE YOURSELF OF HARMFUL EMOTIONS THAT LEAD TO PAIN-CAUSING FEAR AND TENSION IN MUSCLES.

HYPNOBIRTHING WILL TEACH YOU THE ART OF USING YOUR OWN NATURAL BIRTHING INSTINCTS SO YOU BIRTH FULLY AWARE AND IN CONTROL, BUT PROFOUNDLY RELAXED.

## HYPNOBIRTHING:

- Eliminates the Fear-Tension-Pain Syndrome before, during and after birthing.
- Reduces, and often eliminates, the need for epidurals, other chemical pain relief, episiotomy and other interventions.
- Shortens the first stage of labour by several hours.
- Lessens fatigue during labour, leaving you with energy for birth.
- Involves your birthing companion who becomes an integral part of the birthing, not an onlooker.
- Assists in a more rapid postnatal recovery.
- Assists you to have a more relaxed and enjoyable pregnancy.

# WHO WILL BENEFIT FROM LEARNING HYPNOBIRTHING?



## HYPNOBIRTHING:

HypnoBirthing isn't just for someone planning a vaginal delivery. The tools you will learn in the course can be used in any type of labour or birth and even after the birth.

Our course takes place once a week over 5 weeks, so we need at least 5 weeks prior to baby's arrival to cover the classes.

The course can be done much earlier in your pregnancy and can be very beneficial taught earlier, as it gives you more time to practice the techniques and enjoy the results of the relaxation techniques.



## WHAT WILL YOU LEARN?

"**ABSOLUTELY FANTASTIC!  
BOTH HUBBY AND I LOVED  
THE HYPNOBIRTHING  
EXPERIENCE WITH GENNA.  
THANK YOU.**"

-EVIE, BRISBANE

### HYPNOBIRTHING:

- How to achieve a safer, easier and more comfortable birth.
- Techniques of deep relaxation to help you eliminate fear and tension
- How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort.
- To create your body's own natural relaxant for natural pain relief.
- How you and your birthing companion can create a birthing environment that is calm, serene and joyful.
- Gentle birthing techniques that allow you to breathe your baby into the world, reducing the likelihood of tearing.

**ARE YOU READY TO CREATE A CALM, GENTLE & CONNECTED BIRTH?  
Get in touch with me to discuss your private session.**