

## What is HypnoBirthing®?

The HypnoBirthing® method is taught in a series of informative, relaxed and enjoyable childbirth preparation classes. It is a program of deep relaxation, self-hypnosis, and education. Couples are taught techniques for a relaxed and gentle birth using guided imagery, self hypnosis, visualisation and special breathing techniques.

When having your baby with HypnoBirthing®, what you will experience is similar to the daydreaming or focusing that occurs when you are engrossed in a book or staring at a fire. You will be conversant and in good spirits, totally relaxed, but fully in control. You will be aware of your body's surges, but will be able to determine the extent to which you feel the surge.

You will experience your birthing in an atmosphere of calm and relaxation, without the fear and tension that cause pain. Your body's natural anaesthesia (endorphins) will replace the stress hormones that cause pain.

We can't promise you a 'perfect' birth - no one can - but we can promise you a much more comfortable and relaxed birth than you would have had otherwise.

## What are the Benefits?

- Considerably shorter labour and birthing.
- Significantly fewer surgical births.
- High number of comfortable, natural births with no technological assistance.
- Reduction of Post Natal Depression.
- Highly energized mums in good spirits following births that are calm and gentle.
- Increase in baby's apgar scores (health of baby after birth).
- You'll learn the techniques once for this birth, but then you can then use them again and again, no matter how many children you have.
- Creates a more integral role for the birthing companion.
- Returns birthing to the beautiful, peaceful experience nature intended.

## What will you learn?

- Relaxation and self-hypnosis techniques to eliminate the fear and tension that cause long labour and pain, replacing them with confidence, calm, and comfort.
- Other techniques to produce a shorter, more comfortable labour.
- To create and control the body's own natural anaesthesia.
- Why women in other cultures have birthing almost entirely free of discomfort.
- How the mother's body is designed to work in neuromuscular harmony with nature throughout labour.
- To practice deep relaxation during and between uterine surges.
- Helpful breathing and visualisation techniques for each of the stages of labour.
- Specific massage techniques that can release the body's natural endorphins.

## What Parents are Saying

"How could I believe when I had gone through not one, but two long and excruciating labours? I was petrified. Then I found HypnoBirthing®. This birth took 4½ hours. I was relaxed and comfortable all the way. It was wonderful!"

"I was with my wife for the birth of our first child. It was a bad experience for us. Most of the techniques we practiced from the other course just weren't there for us. HypnoBirthing® was far more than we had even hoped for. Our daughter came into the world so easily and in such a calm atmosphere."

"I kept telling myself all I would feel is pressure—and it works! That's all I did feel. What a difference from my first labour!"

"I read of the advantages of self-hypnosis and relaxation in a magazine and set out to find a program that could teach me the method. I'm so happy I found HypnoBirthing®! This was our first baby, and my active labour was only three hours from start to end. We were thrilled."

## Class Description

The course consists of five classes amounting to a total of 12.5 hrs over a period of five weeks, however some flexibility is possible. All course material such as HypnoBirthing® manual, Rainbow Relaxation & Birthing Affirmations CD and practice handouts are included in the price.

I only offer private classes as I believe this gives you the opportunity to explore issues which are important to you and the sessions can be personalised to suit your individual needs.

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**HypnoBirthing®**  
The Mongan Method

**HypnoBirthing® by Collete**



Just imagine welcoming each surge! Feeling peaceful... relaxing... and even smiling as your baby comes closer to you!

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