

# HypnoBirthing® A Celebration of Life

## Parent Testimonials

*"The HypnoBirthing® techniques allowed me to feel more at ease and confident during the labor and birth and most likely allowed for the labor to be shorter. I wish I had had these skills/tools for the birth of my first child." – Cindy, mother Anya*

*"Having weekly classes was beneficial because they built our confidence and gave us 'time out' to breathe, visualize and focus on the baby." – Maria, mother of Aiden*

*"The method was easy for me to learn, and Jill's support and presence deeply rooted us in a calm, loving space."  
– Will, father of Cypress, Sylvan & Fern*

*"Everyone said I was amazing, but I couldn't have done it without my team's support and what we learned in class! Everyone has wanted to hear about HypnoBirthing® and thinks we're awesome!" – Amber, mother of Malcom*

## Medical Testimonials

*"I'm a labor and delivery nurse. I work in the field of obstetrics every day. I can hardly believe my eyes as I watch HypnoBirthing® mothers in labor. It's amazing!"*

*"I've been delivering babies for twenty years, and I've never seen anything like this method. It's incredible."*



# Childbirth Classes for Gentle Birthing For the Mother-to-Be and her Birthing Companion

What you will learn in 5 weekly, 2½-hour classes:

### **Unit 1** Building A Positive Expectancy

- Introduction to the remarkable HypnoBirthing® philosophy
- The History of Women and Birthing
- Why and how you can have an easier, more comfortable, and safer birthing
- How Nature perfectly designed women's bodies to birth
- How to assist, rather than resist, your natural birthing instincts
- The vocabulary for calm and gentle birthing
- Visualizing gentle births by viewing beautiful birthing videos

### **Unit 2** Falling in Love with Your Baby, Preparing Mind & Body

- The remarkable mind of your newborn baby  
– prenatal bonding techniques
- Rapid and instant self-relaxation techniques and deepening techniques
- Breathing techniques for labor and birthing
- Hypnotic relaxation and visualization
- Selecting the right care provider
- The Birth Companion's role in birthing
- Preparing your body for birthing with massage and toning

### **Unit 3** Getting Ready to Welcome your Baby

- Preparing Birth Preference Sheets
- Preparing the Body for Birthing
- Light Touch Labor Massage
- Your body working for and with you
- Avoiding artificial induction and achieving a natural start to labor
- Releasing negative emotions, fears and limiting thoughts

### **Unit 4** An Overview of Birthing – A Labor of Love

- Onset of Labor – Thinning and Opening Phase
- Birth explained simply
- Settling in at the hospital or birthing center
- Preparing for home birth – or baby's choice of birth
- As labor moves along – passing time through labor
- Hallmarks of labor
- If labor rests or slows – Companion's prompts and activities
- As labor advances – birthing with your baby
- Protecting the natural birthing experience
- Birth rehearsal imagery

### **Unit 5** Birth – Breathing Love – Bringing Life

- Moving into birthing
- Positions for descent and birthing
- Breathing baby down to birth
- Baby moves to the breast
- Family bonding with your baby

## Schedule

### 5 weekly classes, 2½ hours each

Visit the website for anticipated class schedule

**Call or e-mail Jill to confirm class dates and details**

*Other times possible by special arrangement*

### Fees (includes book and CD)

\$350 (group class rate)

\$525 (private series)

*Check with your health insurance for reimbursement potential*