

# Hypnobirthing Information Sheet

## What is Hypnobirthing?

Hypnobirthing is a combination of breathing, relaxation and self hypnosis, to promote deep relaxation as a tool to provide more comfort during childbirth.

## What will you learn?

- How your body works and is naturally designed to birth your baby
- How fear affects labour and how to reduce the fear-tension-pain cycle
- Breath awareness
- Progressive relaxation
- The role of hypnosis in labour
- Self hypnosis
- Hypnotic triggers for relaxation
- Instant and deepening techniques
- Creative visualisation
- How to release negative emotions and limiting beliefs
- How to achieve a natural start to labour
- Touch relaxation – massage and acupressure for labour

How to use your natural birthing instincts to birth your baby the way nature intended

Sessions taught with/without your birth partner on a one to one basis.  
Sessions last 2 -3 hours and are tailored to an individual's needs.  
3 sessions are normally required. Audio CD included for practise.