



## What You Will Learn

- ✓ Everything you need to know to achieve a safer, easier and more comfortable birth.
- ✓ To explode the myth that pain is a necessary accompaniment to labour.
- ✓ Techniques of deep relaxation to help you eliminate the Fear – Tension – Pain Syndrome.
- ✓ How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort
- ✓ To create your body's own natural epidural, the only safe labour enhancement
- ✓ Natural ways to bring your body into labour without artificial chemical induction
- ✓ How you and your birthing companion can create a birthing environment that is calm, serene and joyful rather than tense and stressful.
- ✓ Gentle birthing techniques that allow you to breathe your baby into the world without the violence of hard physical pushing
- ✓ To use your natural birthing instincts to birth your baby in a way that most mirrors the way that nature intended.

0800 083 8013

Jessica Robinson Ltd  
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[www.jessicarobinson.com](http://www.jessicarobinson.com)



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A Celebration of Life

A complete antenatal education, teaching techniques for safe and more comfortable birthing through guided imagery, visualisation and special breathing

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## Jessica Robinson Ltd

At Jessica Robinson we've made it our life's work to develop and deliver powerful solutions that help you to achieve the ultimate heights of success in your life. Having discovered HypnoBirthing, we couldn't wait to offer this phenomenal antenatal education alongside our inspirational Coaching, Training & Hypnotherapy Solutions.



Are you looking for an easy, comfortable, and yet drug-free birth? HypnoBirthing is the answer - a complete antenatal education! Your qualified HypnoBirthing teacher will help you have the natural childbirth you want and deserve. Whatever kind of birth you're planning - home birth, hospital, water-birth, birthing-centre or mountain-top HypnoBirthing® can help.

*“Teaching mothers and birth companions techniques for safe and satisfying birthing through guided imagery, visualisation and special breathing.”*

To start your journey towards a wonderful birthing experience call us now on:

0800 083 8013



## About HypnoBirthing®

The HypnoBirthing childbirth method is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing and stress-free method of birthing.

HypnoBirthing teaches you, along with your birthing companion, the art and joy of experiencing birth in a more comfortable manner.

You will learn how to call upon your body's own natural epidural and thus lessen or even eliminate discomfort and the need for medication. When a woman is properly prepared for childbirth and when mind and body are in harmony, nature is free to function in the same well-designed manner that it does with all other creatures.

You will be fascinated as you view HypnoBirthing films showing labouring mothers, awake, alert and in good humour as they experience the kind of gentle birth that you, too, can know when you are free of the Fear-Tension-Pain Syndrome.

HypnoBirthing teaches you to release all prior programming about birth, how to trust your body and work with it, as well as how to free yourself of harmful emotions that lead to pain-causing fear and unyielding muscles.

HypnoBirthing will teach you the art of using your own natural birthing instincts. With HypnoBirthing, you will not be in a trance or a sleep state. You will be aware and fully in control, but profoundly relaxed.

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## What is Hypnosis?

Hypnosis is a naturally induced state of relaxed concentration - a state of mind and body in which we communicate suggestions to our subconscious mind. This part of our mind influences what we think, how we feel and the choices we make. It can actually control pain.

There is no magic to achieving success with self-hypnosis. Almost anyone who chooses to can reach deep relaxation and redirected focus.



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 contractions 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 fear and tension that cause pain. Your body's natural anaesthesia (endorphins) will replace the stress hormones that cause pain.

When its time for your baby to be born, you will be fully awake and involved, connected with your baby mind, body and soul.

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