

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 unconscious mind. This part of our mind influences what we think, how we feel, and the choices we make. There is no magic to achieving success with self-hypnosis. 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 and 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.

When it is time for your baby to be born, you will be fully awake and involved.



HypnoBirthing® – A Celebration of Life

Additional Information at:

www.HypnoBirthing.co.uk

LifeStyle



Hypnotherapy

Evening or Weekend Classes

01257 266815

8 Sevenoaks, Chorley, PR7 3NS

www.lifestylehypnotherapy.co.uk

normahypno@aol.com

Taking the Birthing World by Calm



HypnoBirthing®
The Mongan Method

Presented by: Norma Gillett

MA HPD DipCAH PDipNLP EFT Prac

HypnoBirthing® Childbirth Educator

LifeStyle



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The HypnoBirthing® Advantage

- ✧ Eliminates the Fear-Tension-Pain Syndrome before, during and after birthing.
- ✧ Eliminates or greatly reduces the need for chemical painkillers.
- ✧ Shortens the first stage of labour by several hours.
- ✧ Eliminates fatigue during labour, leaving mother fresh, awake, and with energy for actual birthing.
- ✧ Promotes family bonding.
- ✧ Fosters more rapid postnatal recovery.
- ✧ Returns birthing to the beautiful, peaceful experience nature intended.
- ✧ Creates a more integral role for the birthing companion.



You Will 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.
- ✧ The sources of the myths that pain must accompany normal birthing.
- ✧ Why women in other cultures have birthings almost entirely free of discomfort.
- ✧ How the mother's body is designed to work in neuromuscular harmony with nature throughout labour.
- ✧ To practise deep relaxation during and between uterine surges.
- ✧ The importance of prenatal and perinatal bonding.

What parents say ...

My overall opinion of HypnoBirthing® is: Wonderful! Every pregnant mother should be required to take this course. I used HypnoBirthing for my 3rd birth and it was far superior to my other two experiences. I would consider having a fourth just to go through the unbelievable experience again." Julie

Billy writes: "My most powerful memory is 0410hrs Amy sitting in lotus position on bed, supported by pillows, dark room, she peacefully opens her eyes smiles looks at me and says "I am going to breathe my baby down now" and closes her eyes as relaxed as a person resting by a pool on a perfect day with not a care in the world"

"This was the best experience of our married life! This birth has given me faith that my body can perform miracles when I believe in myself. There is a bond that my husband, baby and I have, in that we were a perfect team. The nurses and our midwife were in awe over our calm, controlled birth and the way I looked to D. for support and the assurance he gave me. We even had a labour nurse coming on shift tell us she wished she could've just come to sit in our peaceful room—quiet, dim & with our beautiful music! Thank you so much for helping us to achieve the perfect, beautiful experience that birthing, breathing, and bringing a child into this world should be. We loved every minute of it!" B., D., and baby C.