



Setanta Hypnotherapy Clinic
18 Derby Road, Peel
TEL: 842938

www.manxhypnosis.com

Mary Nathan's Hypnobirthing Course in a 'nutshell'

My Hypnobirthing Course is a complete Pregnancy & Birth Education Programme that teaches women simple but specific self hypnosis, relaxation and breathing techniques for stress free pregnancy and labour.

The Hypnobirthing Course I provide is much more than just self hypnosis or hypnotherapy for childbirth. With my HypnoBirthing Course, women discover that severe pain does **not** have to go hand in hand with labour. I teach women how to release fears and anxieties they may have about giving birth, and even how to overcome previous traumatic births. My Hypnobirthing Course gives women the opportunity to discover and experience the joy and magic of birth - rather than the horrific ordeal we are told it is meant to be.

Most importantly, I show women how to put themselves back in control of their birth rather than blindly turning their birthing experience over to their doctor or midwives.

Hypnobirthing does not mean being in a trance or a sleep. On the contrary, you'll be able to chat, and be and in good spirits - totally relaxed, but **fully in control**. You'll always be aware of what is happening to you, and around you.

In a nutshell, Hypnobirthing allows every woman regardless of age or physique to experience birth in an atmosphere of **calm relaxation**, free of the fear and tension that prevents the birthing muscles of their bodies from functioning as Nature intended them to.

Mary Nathan's Hypnobirthing Course Schedule

Session 1

It is recommended that women book this session between weeks 20 and 25 of their pregnancy.

This session addresses fears and misconceptions about labour and birth. The session lasts about one hour and an enhancement CD is provided at the end of the session to reinforce all that is taught during this session.

Session 2

It is recommended that women book this session between weeks 26 and 28 of their pregnancy.

This session provides women with the tools to cope with the emotional and physical stresses during pregnancy. The session lasts about one hour and a **personalised** enhancement CD based on the information received in Session 1 is provided at the end of the session.

Session 3

It is recommended that women book this session between weeks 29 and 31 of their pregnancy.

This session starts the preparation for stress free and pain free labour. The session lasts about one hour and a **personalised** enhancement CD based on the information received in Session 2 is provided at the end of the session.

Session 4

It is recommended that women book this session between weeks 32 and 35 of their pregnancy.

This session thoroughly prepares women to see and feel a safe and pain free delivery of their babies exactly the way they want it to be. The session lasts about one hour and a **personalised** enhancement CD is provided at the end of the session. It is recommended that this CD is played right up to and even during labour itself.

Session 5

It is recommended that women book this session around week 38 of their pregnancy.

This session concentrates on recovery and healing after birth and enhancing the bonding between mother and baby. The session lasts about one hour and a **personalised** enhancement CD is provided at the end of the session to reinforce all that is taught during this session including overcoming anxieties to do with breast feeding where applicable.