

# HYPNO-BIRTHING

Enjoy and Experience your birth in a relaxed comfortable way.



## HYPNO-BIRTHING

Experience your birth in peace and harmony, allowing this birth to be a flowing, easy, natural experience for you and your baby.

### LEARN HOW TO:

- **Trust** your body and the natural processes
- **Use** the power of the breath and self hypnosis techniques to deeply relax all muscles required
- **Alleviate** the physical and emotional pain often associated to childbirth
- **Connect** deeply with your baby and visualize

Our experienced Hypnotherapist, Jane will take you on a journey teaching you deep relaxation and a way to truly connect with your baby through the process of the birth.



### CALL FOR AN APPOINTMENT

Professionally guided hypno-birthing by Jane Johnston

**0417 545 475**

**KUNDALINI NATURAL CENTRE OF HEALTH**  
- Nth Fitzroy and Heidelberg

Hypnotically prepared births have shorter stage one labours, less medication and more spontaneous deliveries. Hypnosis has been proven to significantly reduce pain and fatigue during labour and women have quicker postnatal recovery.

Hypno-birthing teaches you to use the power of the breath to control fear and pain. It teaches deep connection with your body and your baby. It encourages further release of your relaxin hormone. Learning these Endorphin triggers enhances flexibility and creates an easier experience.

Hypno-birthing gives you the ability to have a powerful connection with your baby - and to use this connection technique - visualising your baby's journey through the delivery.

Your body automatically forms your baby from the moment of conception for you from you. Naturally it has the ability to automatically open, relax and deliver your baby safely and smoothly into your arms.