

HYPNOBIRTHING

Birth With Ease

... combining positive imagery, hypnosis, affirmations and relaxed breathing, women learn how to eliminate the fear, tension and pain of labor, replacing them with confidence, calm and comfort.

THE HYPNOBIRTHING ADVANTAGE

- ★ eliminates, or greatly reduces, the need for pain medications/anesthesia during labor
- ★ statistically shortens both the labor and pushing stages of birth
- ★ promotes special bonding of mother, baby & birthing companion
- ★ encourages emotional healing from prior negative/traumatic childbirth experience(s)
- ★ *returns birthing to the beautiful, peaceful, empowering experience nature intended*

YOU WILL LEARN...

- ★ how to use your natural birthing instincts to birth your baby in a way that most mirrors the way that nature intended
- ★ how you and your birthing companion can create a birthing environment that is calm and joyful
- ★ how your body is designed to work in neuromuscular harmony to birth your baby with ease
- ★ how to create your body's own natural relaxant
- ★ *why women in other cultures birth almost entirely free of pain - how to free yourself of this prior programming that suffering must accompany labor!*

To Register or Learn More,
visit www.HypnobirthingCincinnati.com
513-683-6990



Voted "Best Childbirth
Class in the City"
-City Beat Magazine-