

HypnoBirthing Classes With **Dominique Sy, BA, HBCE, RYT, PNYT**

A natural approach to a safe, easier, more comfortable birthing.

Bring your baby into the world in a state of relaxation, peace and love!

Have the fearless birth that you and your baby deserve and want!

HypnoBirthing® the Mongan Method is learned over a course of 5 classes. The classes include instruction, watching birth videos, discussion, and practice of relaxation and hypnosis. Included in the course is the book, HypnoBirthing: the Mongan Method, relaxation CDs and handouts. In addition to class attendance you are required to practice skills at home. Practice is key to relaxation for the calm and comfortable birth of your baby. The relaxation techniques you will learn can be applied to many other situations and will benefit you for a lifetime.

Course Content

Class 1

- The History of Woman and Birthing
- How the Uterus Works
- How Fear effects the uterine muscles in labour
- Why and how you can have an easier, more comfortable, and safer birthing
- Intro to Hypnosis and Deep Relaxation

Class 2

- Connecting with your baby
- The Birth Companion's role in birthing
- Breathing techniques for labour and birthing
- Rapid and instant self-relaxation, visualization and deepening techniques part 1

Class 3

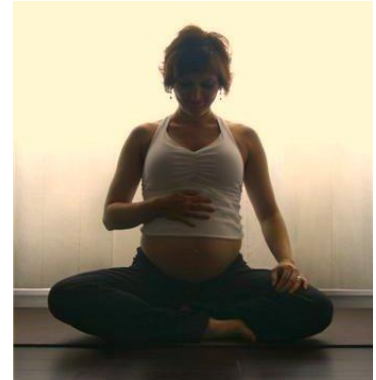
- Preparing the body for birthing
- Preparing Birth Preference Sheets
- Light Touch Labour Massage
- Avoiding artificial induction and achieving a natural start to labour
- Release negative emotions, fears and limiting thoughts
- Relaxation, visualization and deepening techniques part 2

Class 4

- Birth explained simply
- Hallmarks of labour
- If labour rests or slows-Companion's prompts and activities
- As labour advances-birthing with your baby
- Birth Rehearsal

Class 5

- Moving into birthing
- Positions for descent and birthing
- Breathing baby down to birth
- Family bonding with your baby



Registration

Group classes are held regularly and are limited to 4 moms plus their birth companion. Private classes can be arranged upon request.

You may begin HypnoBirthing® classes any time during your pregnancy. The ideal time to enroll in the course is near the beginning of your third trimester, but choose the time that is perfect for you.

Dates – See our schedule page at; www.yogaburlington.ca

Price – Group Class fee: \$300.00

Private Class fee: \$500.00

\$100 deposit secures your spot. Balance is due at the beginning of the first class.

Join other couples in this inspiring and empowering childbirth education classes.