



HypnoBirthing Classes & Private Classes
Angela Ivory – Certified HypnoBirthing Educator

HypnoBirthing is completed over 5x weekly 2.5 hour classes – evenings or weekends.
Your investment \$450.00 (includes HypnoBirthing Book, Parent Resource Handbook, downloadable relaxation music and access to private Facebook group.

You can also experience HypnoBirthing Private classes in the comfort of your own home –
5x weekly 2.5hr sessions (evenings or weekends)
Your investment \$800.00 includes HypnoBirthing Book, Parent Resource Handbook, downloadable relaxation music and access to private Facebook group.

“I work with the philosophy that our unconscious minds can heal our bodies, and control the delicate process of birthing. My focus is on helping women to rediscover their natural birthing instincts and I strive to provide couples with information about their bodies, the birth process, how their mind affects birth and to help empower them to take control of their own journey”

HypnoBirthing® Class Outline

HypnoBirthing® Class

Outline 1: Setting the Stage

Dehypnotising & Building a Positive Expectancy

- *Philosophy and Beginnings of HypnoBirthing*
- *History of Women and Birthing*
- *How the Uterus works in Birthing*
- *What’s wrong with Labour*
- *How Fear Affects Labour*
- *The Origin of Fear and Pain in Labour*
- *The Power of the Mind*
- *Mind/Body Connection*
- *How Nature has perfectly designed women’s bodies to birth*
- *How to assist, rather than resist, your natural birthing instincts*
- *The vocabulary for calm and gentle birthing*
- *Visualising gentle births by viewing beautiful birthing videos*

HypnoBirthing® Class

Outline 2: Falling in Love with your Baby/Pre-Birth Parenting/Preparing your Mind & Body

- *The remarkable mind of your newborn baby—Pre-Birth, Perinatal and Postnatal bonding*
- *Background of Fetology Studies*
- *Selecting Care Providers*
- *Preparing the Mind for Birth*
- *Hypnosis Deepening and Visualisation*
- *Preparing the Body for Birthing*
- *Rapid and instant self-relaxation techniques and deepening techniques*
- *Breathing techniques for labour and birthing*
- *Selecting the Right Care Provider*
- *Building a Partnership with Care Providers*
- *The Birth companion's role in birthing*
- *Preparing your body for birthing with massage and toning*

HypnoBirthing® Class

Outline 3: Advanced Visualisation and Deepening

- *Labour and Birthing Visualisations and Deepening's*
- *Turning Breech-Presented Babies*
- *Looking at the "Estimated Due Date"*
- *Avoiding Artificial Induction*
- *Preparing Birth Preference Sheets*
- *How the Body Prepares for Birth*
- *Initiating Labour Naturally*
- *Your Body's Perfect Design*
- *Releasing Fears and Limiting Thoughts*

HypnoBirthing® Class

Outline 4: An Overview of Birthing

- *Pre-labour Tricksters*
- *Onset of Labour*
- *Birth Companions Support Role*
- *Thinning and Opening Phase*
- *Labour Slows or Rests*
- *Misconceptions about Labour*
- *Birth Companion Advocates for Mother and Baby*
- *Hallmarks as Labour Advances*
- *Breathing*
- *Birth rehearsal Imagery*

HypnoBirthing Class®

Outline 5: Birthing/The Final Act and Bonding

- *Mother Nears Completion*
- *Optimal Positioning for Baby in Labour and Birth*
- *Positions During Labour, Descent and Birthing*
- *Birthing Phase, Descent, Birth Breathing*
- *Births Perfect Design*
- *Breathing Through Labour*
- *Breathing with Birth*
- *Breastfeeding*
- *The Magical First Hour*
- *Bonding with Baby*
- *Fourth Trimester*