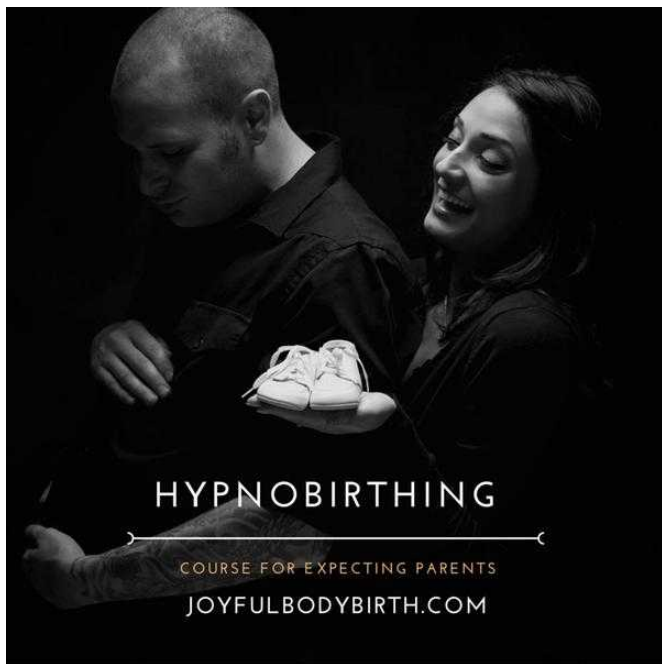


# Hypnobirthing Course (Croydon)



Location

**South East, Middlesex**

<https://www.freeadsz.co.uk/x-392333-z>



Are you interested in using self hypnosis for labour and childbirth? Do you want to be in control of your birth? Are you looking for an easy, comfortable, and yet drug-free birth? Hypnobirthing is the answer. Hypnobirthing is a complete antenatal education. Hypnobirthing classes are intended to help you have the most natural childbirth possible, using easily-learned self hypnosis and breathing techniques. Whatever kind of birth you're planning – homebirth, hospital, birthing centre or whatever – Hypnobirthing can help. To find out more visit [www.joyfulbodybirth](http://www.joyfulbodybirth)



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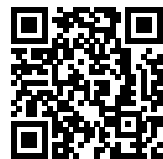
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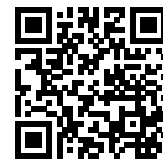
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