

Birth Prep Workshop (Hypnobirthing)



Location **London, London**
<https://www.freeadsz.co.uk/x-443751-z>



It's a priceless experience to have a stress free delivery with a supportive partner by your side. Hypnobirthing techniques are proven to help release fear and enable you to give birth in the way you are designed to...calmly, naturally. During this Birth Preparation Hypnobirthing workshop you will practice some effective Hypnobirthing techniques to work together towards a relaxed and positive state of mind. This workshop will simplify things as we get straight to what is required to help prepare you for the birth of your baby and give your birthing partner a chance to get involved and be there for you. It will give you and your birthing partner more confidence ready to go forward to the birth of your baby, in a calm and relaxed way. Find out more and book online at joyfulbodybirth.com ;



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