KG Hypnobirthing (Birth preparation) Classes

Benefits of KGHypnobirthing for Your Baby and You

- You are likely to experience a more comfortable and sometimes pain free birth.
- Your baby will arrive to a serene and relaxed environment, alert and ready to bond with you as nature intended.
- Length of labour is often much shorter with hypnobirthing births.
- Less drugs and medical intervention are used in hypnobirthing births allowing your baby to develop naturally and easily after they arrive.
- Mums often bounce back quicker after a hypnobirthing birth as the physical impact of giving birth is reduced.
- Your birth partner will learn how to support you and have a central and active role in the birth. A truly shared and loving experience.

Location   **Wales, Gwent**
https://www.freeadsz.co.uk/x-557505-z

New Group Evening Course starts 16th November (4 Thursdays)
 Discover how the KGH techniques can help you become more confident and comfortable through your pregnancy and prepare you for childbirth.
 I'm a registered midwife passionate about women centred care and proud to support families on their journey through pregnancy, birth and the early days with their new baby. I love teaching and feel enormous gratitude that I am able to witness the transformation that women and their families go through on that journey.
 When I discovered KG Hypnobirthing it felt such a good fit with the way I support women as a midwife.
 I've long understood the importance of creating the right environment where women feel safe to birth so that their hormones flow and their amazing bodies work beautifully.
 By learning and practicing KG Hypnobirthing techniques in advance couples are really investing in themselves and increasing the likelihood of a straightforward birth.
 New classes start in Rudry on Thursday evenings in November - Private classes available by.
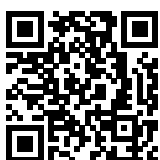
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