

# Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant





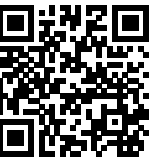
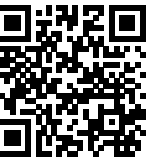






Location **Wales, Gwent**  
<https://www.freeadsz.co.uk/x-560580-z>

KG Hypnobirthing is a complete childbirth preparation course - it's simple, logical yet profound.

The in-depth training course covers how the body works during pregnancy and birth and gives information to help couples make the right decisions for them and their baby. Relaxation exercises and breathing techniques are taught in class and couples can continue practising them and using them throughout the pregnancy. KG Hypnobirthing helps to releases fears and build confidence so expectant parents can look forward to their baby's birth.

This gift set includes the full KG Hypnobirthing course (10-12 hours of tuition) taught by a Registered Midwife with experience across all areas of maternity care. The course will take place in the comfort of the couple's own home, it's usually delivered in two to four sessions over one to four weeks (Monday to Friday). 'The Hypnobirthing Book' by Katharine Graves and a folder of course materials will be provided during the course itself.

In the Christmas Gift Box is a voucher for the course (price not displayed), a CD of relaxations (MP3 also available and usually supplied when the course is booked), a pot of delicious smelling Vanilla & Sandalwood body cream - sandalwood is good for itchy skin and is safe in every stage of pregnancy, an all natural lip balm, a set of sixteen birth affirmations and the following two books:

 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>	 <p>Gift Set amp KG Hypnobirthing Private Course, Gwent or N.Somerset, ideal for pregnant couple <a href="https://www.freeadsz.co.uk/x-5605">https://www.freeadsz.co.uk/x-5605</a></p>
--	---	---	---	--	---	---	---	---	---

'Why Hypnobirthing Matters' by Katrina Berry (hypnotherapist & doula) looks at the origins and rationale for the hypnosis of birth, explaining how you can use hypnosis to help you stay calm and in control during birth from a man's point of view. Mark explores how to harness the power of birthing hormones, how to remain calm and aware in the birthing room, how to communicate effectively and ultimately how to live the process of becoming a father to the full.

---

Everything comes in a Christmas box - with a blank label for you to write your own message and the price includes postage or local delivery.

The course itself can only be provided in the general areas of Risca / Rogerstone / Newport / Caerphilly / Blackwood (South Wales) or the Nailsea / Backwell areas of North Somerset. If in doubt whether I can cover your area please contact me before buying. The voucher is valid until 30th June 2018.

The total value of this set is £350 - offered at a special price of £315.

Further details are available on my website - or just send a.