

# KG Hypnobirthing (Birth preparation) Classes



Location

Wales, South Glamorgan

<https://www.freeadsz.co.uk/x-566065-z>



New Group Evening Course starts 11th January 2018 in Rudry (4 Thursdays) - contact Lisa now to reserve a place.

New Group Weekend Course - two Saturdays 27th January & 3rd February 2018 in Cwmfelinfach - contact Lisa to reserve a place.

Discover how the KG Hypnobirthing 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.

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. When I discovered KG Hypnobirthing it felt such a good fit with the way I support women as a midwife and I couldn't wait to start teaching it.

By learning and practicing KG Hypnobirthing techniques in advance of labour, couples are really investing in themselves and increasing the likelihood of a straightforward birth while being able to work effectively as a team if additional help is required.

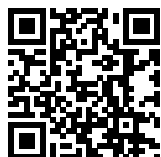
Dates in February & March 2018 on website.

Private classes available by.



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