

# Self Hypnosis Workshop for Pregnancy & Birth



**Saturday 25 June**  
**from 2 to 5 pm**

One of the most powerful things you can do for you and your baby during pregnancy and birth is to learn how to manage your thoughts and feelings and stay calm. Your mind and body know exactly what to do to nurture and deliver the baby - the calmer you are, the easier it is to have the best birth possible.

**This three hour workshop will teach you the powerful technique of self hypnosis so you can work in partnership with your mind and body. You'll be amazed what a difference this can make to you now, during labour and birth, and in the early weeks and months of being a parent!**

**Book at BoCo reception: Members £35, Non-Members £45**

**Early bird discount if you book before the 11<sup>th</sup> June.**

**For more information contact:**

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**Cognitive Hypnotherapist**

**Childbirth Specialist**

