

Hypnobirthing® The Mongan Method



The Gold Standard of Birthing with Hypnosis



Helping women rediscover their
natural birthing instinct

Affiliated to the HypnoBirthing Institute



fernandez

Built for Birthing



Rediscovering the natural joy of childbirth

Childbirth is one of the most wonderful natural phenomena that most women are blessed with. At one level, it is a normal, physiological function that every living species goes through. At another, it is a sublime and almost spiritual experience of bringing a new life into the world, which makes you one with Nature.

And yet, pregnancy and childbirth, especially the first time, can cause unnecessary anxiety. After all, it is a new experience that creates fundamental changes in your body, which you may not be prepared to deal with. Besides there are several misconceptions that are passed down about childbirth that present it as a potentially stressful and painful journey. So, it is only natural to feel a little nervous or tensed.

The good news is that these anxieties can easily be overcome so that your birthing experience can be a beautiful and joyful one, that will remain with you and your baby for the rest of your lives.



Welcome to hypnobirthing

Look ahead with confidence to a birthing experience that is as gentle, elevating and glorious as nature intended it to be.

When a woman is properly prepared for childbirth and when her mind and body are in harmony, nature is free to function in the instinctive manner it was designed to. And that is what Hypnobirthing aims to achieve.

Through a very simple program of self-hypnosis, special breathing techniques, visualization, etc., Hypnobirthing teaches to release all prior negative programming about birth and see birth as a normal, physiological process. They learn to trust that their bodies know how to bring their babies into the world in the smooth and calm way designed by Nature.

Hypnobirthing is as much a philosophy of birth as it

is a technique for achieving a satisfying, relaxing, and stress-free birthing experience. It teaches you, along with your birthing companion, the art of using your own natural birthing instincts and how to call upon your body's own natural relaxant, and thus lessen, or even eliminate, discomfort and the need for medication.

You will be fascinated as you view HypnoBirthing® films, showing labouring mothers, awake, alert and in good humour, as they experience the kind of gentle birth. You will discover the joy of experiencing birth in a more comfortable manner. You will not be in a trance or a sleep state but aware, fully in control, and profoundly relaxed.



HypnoBirthing® a celebration of life

YOU WILL LEARN

- Everything you need to know to achieve safer, easier and more comfortable birth
- To explore the myth that pain is a necessary accompaniment to labour
- Techniques of deep relaxation to help you eliminate the Fear-Tension-Pain Syndrome
- How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort
- To create your body's own natural relaxant, the only safe labour enhancement
- How you and your birthing companion can create a birthing environment that is calm, serene and joyful, rather than tense and stressful
- Gentle birthing techniques that allow you to breathe your baby into the world without the violence of hard physical pushing
- To use your natural birthing instincts to birth your baby in a way that most mirrors the way that nature intended

Course highlights

How the mind and emotions affect the body

- Why labour hurts and why it doesn't have to
- Releasing fear, the enemy of labour
- Preparing your mind and body for birthing
- Avoiding artificial induction and episiotomy
- Developing ultimate-depth relaxation
- Understanding the stages of labour
- Preparing your Birth Plan
- Tapping Nature's own relaxant
- Breathing your baby down for birth

Founder



Marie "Mickey" Mongan, the founder of HypnoBirthing®, was an award-winning therapist with over 30 years' experience in counseling and teaching on the college level and in the private sector. She held several awards in hypnotherapy, including the National Guild of Hypnotists President's Award and the coveted Charles Tebbetts Award.

Five one-on-one sessions of 2.5hrs each

As a part of the course, class-specific handouts, HypnoBirthing®

-The Mongan Method (text book) and Rainbow Relaxation CD will be given to you.



For information on classes contact:

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