

Hypnobirthing Courses

We are pleased to offer hypnobirthing courses at St George's Hospital led by our own experienced midwives

These workshops are designed for women over 24 weeks of pregnancy and their birth partner

- *Learn how your body is designed to give birth*
- *Fear-releasing exercises*
- *Information and tools for informed decision making*
- *Breathing techniques, visualisations and practical strategies to keep you calm and in control*

Courses run at weekends and cost £125 per couple, including a hypnobirthing book and relaxation MP3.

To book a place or for more information contact: hypnobirth@stgeorges.nhs.uk
or call 020 8725 1911 (Monday – Friday, 8.00 – 12.00)