

A faint, high-angle photograph of a person wearing a white hospital gown, with their hands clasped in front of them. The image is semi-transparent and serves as a background for the top half of the page.

# NHS Hypnobirthing courses

## Breathing and relaxation techniques for a positive birth

**Hypnobirthing can help you work with your body, releasing the fears and worries of birth and replacing it with calmness and confidence.**

**What Is It?** Our hypnobirthing courses are in addition to our standard antenatal education groups. It is a course which provides a combination of education, breathing and deep relaxation. It gives you and your birth partner the tools and techniques you need to cope with labour and birth.

Hypnobirthing is safe. You will always be aware of what is happening to you – it doesn't mean you will be in a trance or a sleep, but you will be totally relaxed and be fully in control.

**Who Is It For?** Anyone! From those having their first baby, to those who have previously experienced a difficult birth and/or caesarean birth. Hypnobirthing teaches gentle birth techniques that can benefit just about anyone who is planning to give birth in any environment and can be used for all types of birth. You can join a course from approximately 28 weeks pregnant.

**What does a hypnobirth course involve?** We have developed a comprehensive hypnobirth course taught by midwives who are hypnobirth practitioners, who have had specialist training in hypnobirthing. Our course will give you the opportunity to:

- Understand the process of labour and how to work with your body
- Explore the relationship between pain and labour
- Practise positions for birth
- Learn techniques of deep relaxation and breathing techniques
- Understand the impact of hormones on labour and birth
- Gives birth partners the confidence and knowledge to work with you in labour, using breathing and relaxation techniques
- Helps birth partners to understand the importance of the birth environment and creating a calm birth room.

The places are limited and due to popularity we advise you to book early. We will ask you and your birth partner to practise the techniques at home as the more you commit the more you will benefit.

**Booking:** Courses cost £125 (concessionary places available, please get in touch for further information) per couple, which includes 10 hours of teaching, a book and CD. They run on evenings and weekends over 4 weeks in Gloucester, Cheltenham and Stroud.

Please book by emailing:

[gkn-tr.hypnobirthingclassesgloucestershire@nhs.net](mailto:gkn-tr.hypnobirthingclassesgloucestershire@nhs.net)

with your name and due date.

We look forward to meeting you and helping you on your journey to parenthood.

