

HypnoBirthing®

The Mongan Method

A five week complete relaxation and conditioning program for calm and gentle birthing

HypnoBirthing's philosophy is tied to the ancient idea that childbirth is a celebration of life, not a medical condition. HypnoBirthing provides a gentle, yet, effective technique for the safest, and most natural birth possible.

BENEFITS OF HYPNOBIRTHING

YOU WILL LEARN:

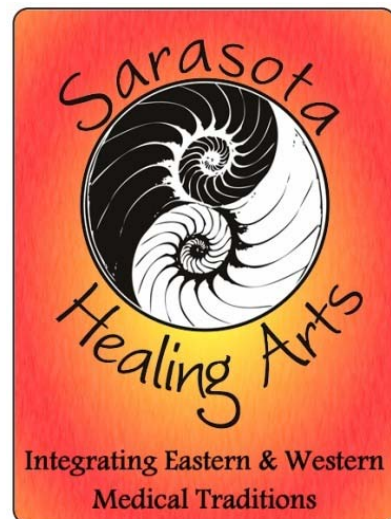
- A Peaceful, relaxed natural birth
- Babies are alert and calm and progress more rapidly through neurological development
- HB Mothers experience little to no post-partum depression and recover more quickly
- Release of fear-tension-pain triad
- Moms are given the empowerment to have the birth they choose – *naturally*

- To eliminate the myth that pain is a necessary accompaniment to labor
- Techniques for deep relaxation to help you eliminate the Fear-Tension-Pain Syndrome
- Natural ways to bring your body into labor without artificial induction
- A new, gentler language for describing the phases and events of natural birth

Classes Start Every 8 Weeks and begin August 3rd from 5 - 8 pm or September 21st from 5 - 8 pm or November 9th from 5 - 8 pm or January 4th from 5 - 8 pm

Classes will be taught by Dr. Jessica Lipham N.D., D.O.M

Please call 941-487-7311 or visit www.SarasotaHealingArts.com



We must understand that childbirth is fundamentally a spiritual, as well as physical achievement. The birth of a child is the ultimate perfection of human love. -Dr. Grantly Dick-Read