

Hypnobirthing Australia™



with Dr Amy McAlpine, Wise Perinatal Services
Hypnobirthing Australia™ Certified Practitioner



*Feel empowered and
prepared for your
labour and birth*

ABOUT THE POSITIVE BIRTH PROGRAM

The Hypnobirthing Australia™ Positive Birth Program is a comprehensive antenatal class that prepares you for a positive birth *no matter how your baby comes into the world.*

This program focuses on building a toolkit for labour and birth, knowledge for the mother and birth partner, and preparation for the mind and body.

What do we cover?

- Mind/body connection and preparation
- Breathing techniques
- Use of touch and acupressure
- Self hypnosis and relaxation techniques
- Movement and positioning
- Importance of the birthing environment
- Understanding the birth process
- Common interventions offered in birth
- Decision making tools
- How to develop your birth preferences
- Tools and knowledge for the birth partner

Beautiful learning space

Our group program is held at Wild Rose Wellness & Psychology, a beautiful and serene location at 20 Churchill Ave, Subiaco.

**TO ENQUIRE
AND BOOK:**

Click "Book Now" via the website
www.wiseperinatalservices.com.au

Or Email: admin@wiseperinatalservices.com.au

