



HypnoBirthing® Course

A 5-session private course for couples to prepare for labour and birth

- Learn breathing techniques
- Relaxation tools
- Address anxieties and fears
- Understand the labour process and much more

The course comes complete with the source book, a coil bound workbook and various downloadable meditations/relaxations

Private courses are taught out of my office
Schedules are flexible

For all inquiries, please email Pia

ottawabirthdoula@gmail.com

For upcoming group course dates, please visit

www.ottawabirthdoula.com