



The course comes complete with the source book, access to meditation and affirmation downloads, and a coil-bound workbook

For more information and to sign up please visit

[www.ottawabirthdoula.com](http://www.ottawabirthdoula.com)

# HypnoBirthing® Course

A 5-session group 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
- up to date material included

Next Course coming up for 2024

Wednesday March 13

Wednesday March 20

Wednesday March 27

Wednesday April 3

Wednesday April 10

From 6:30 p.m. to 9:00 p.m.