



Hypno-birthing @



Saturday Workshops with Kathryn Eales 27th Jan & 17th Feb @ 1:30pm to 4pm

**Learn to develop your own personalised self-hypnosis practice
for a positive birth experience**

Come to one or both workshops. Whilst you will learn all you need to give you practical tools of Hypno-birthing in one session, if your due-date allows you to come to both, you can like to practise and re-enforce the techniques.

At these 2hr workshops you'll learn;

- How to create and deepen your own ideal state of mind for labour and birth
- Techniques to overcome fear, self-doubt and limiting beliefs
- How to harness your innate confidence and intuition
- How to use and self hypnosis to manage contractions, conserve energy and communicate effectively with midwives and birth professionals

**Includes information pack, mp3 recordings and video content to
support your practise!**

Featuring a birth partner video module with specific content to watch at home

Cost:

Early-bird price - £30 or £55 for both workshops

After 23rd of January - £35 or £65 for both workshops

For more details: www.boco-uk.com or Kathryn's website: www.kathryneales.co.uk

Email: bookings@boco-uk.com or call: 020 8399 3930

About the teacher:

Kathryn is a cognitive hypnotherapist, hypno-birthing practitioner and experienced coach and mother of 2 children, aged 4 and 6. She teaches hypno-birthing workshops at BoCo and also works privately with mums to be either individually or with their partners to help them let go of fear, connect to their own wisdom and intuition, and develop confidence and belief in their own ability to have the best possible birth experience for them.



Body Concepts UK Ltd, 6 Electric Parade, Surbiton, Surrey KT6 5NT
www.boco-uk.com