

KG Hypnobirthing (Birth preparation) Classes FREE INFO EVENING (with cake)



Location **Wales, Mid Glamorgan**
<https://www.freeadsz.co.uk/x-555948-z>

26th October 2017 - 18:30-20:00 - FREE information evening (with cake!)

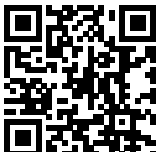






Come and meet me, Lisa, and discover how the KGH techniques can help you become more confident and comfortable through your pregnancy and prepare you for childbirth.

I'm a registered midwife passionate about women centred care and proud to support families on their journey through pregnancy, birth and the early days with their new baby. I love teaching and feel enormous gratitude that I am able to witness the transformation that women and their families go through on that journey.

When I discovered KG Hypnobirthing it felt such a good fit with the way I support women as a midwife. I've long understood the importance of creating the right environment where women feel safe to birth so that their hormones flow and their amazing bodies work beautifully.

By learning and practicing KG Hypnobirthing techniques in advance couples are really investing in themselves and increasing the likelihood of a straightforward birth.

New classes start in Rudry on Thursday evenings in November - Private classes available by.

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