

Feel confident and calm for your birth with KG Hypnobirthing classes



Location **Wales, Mid Glamorgan**
<https://www.freeadsz.co.uk/x-569872-z>

KG Hypnobirthing is a complete birth preparation class. It's logical, simple yet profound. Discover how KGH 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 enthusiastic 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.

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. When I discovered KG Hypnobirthing it felt such a good fit with the way I support women as a midwife and I couldn't wait to start teaching it.

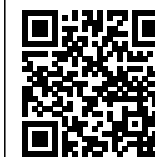
By learning and practising KG Hypnobirthing techniques in advance of labour, couples are really investing in themselves and increasing the likelihood of a straightforward birth while being able to work effectively as a team if additional help is required.

Private courses in your own home - four evenings over 2-4 weeks or two days - contact Lisa to discuss & arrange. From £300.

Group Courses in Rudry on Thursday evenings, or weekend courses in Cwmfelinfach - see website or contact Lisa for dates. From £250.

All courses must be paid for in advance but payment schedules can be discussed if needed.

Gift vouchers available.



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