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Mindful Hypnobirthing: Hypnosis and Mindfulness Techniques ... Following on from her bestselling birth book, Mindful Hypnobirthing, Sophie uses the same positive and supportive approach to empower you through your first year. In Mindful Mamma , she shares quick and easy mindfulness and hypnosis techniques for coping with key stress areas including – the early days following birth, crying, feeding, getting out, relationships and going back to work.

Mindful Mamma | Hypnosis Tracks
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As a hypnotherapist and doula, The Mindful Hypnobirthing Method provides practical and reassuring mindfulness techniques to practise throughout pregnancy and labour to ensure you remain relaxed, confident, focussed and in control.

Mindful Hypnobirthing - Penguin Books

Please note all private classes are currently online. When you book a tailored mindful hypnobirthing class with a specialist hypnotherapist like Sophie you can safely and confidently explore fears and anxieties that may be troubling you about the pregnancy, birth or the period after your baby is born. Her experience means that you can

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encourage practitioners to deliver
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Mindful hypnobirthing is a 6-hour course run over one full day or 2/3 evening sessions. It is designed to run alongside the traditional antenatal class, offering you the information you need to enhance your birth with hypnosis and mindfulness. It is a mixture of teaching, practical activity and mindfulness and hypnosis practice.

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