

**STILL NEED CHILDBIRTH EDUCATION?
JULES THE DOULA CD (DONA) , HBCE**

Discounted Rates for Virtual Classes

**Zoom in with me for this 5 star
educational class**

HYPNOBIRTHING®

**5-weeks meeting virtually from the safety and comfort of your home
Tuesday's, April 14th – May 12th @ 6:30-8:30 pm**

HypnoBirthing®, The Mongan Method, is considered the “Gold Standard” of birthing with hypnosis. It is a childbirth education method that empowers women to achieve a more gentle, natural birth. It is both a philosophy and a set of tools for using self-hypnosis techniques and scripts to achieve a focused awareness and level of relaxation that allows for a much more comfortable, easy birth. With HypnoBirthing® you will not be in a trance or sleep state. You will be aware and fully in control, but profoundly relaxed.

This 5-week class will be led by Julie Sullivan Fields, a Certified Master Doula and Childbirth Educator. Pregnant women attend the classes with the support person of their choice: husband, life partner, family member, doula, labor companion, etc. Julie uses exciting and fun methods to engage you and your partner in the lessons and techniques. All materials included.

**Please register by calling Jules at:
602-505-8559**