



*The most comprehensive
childbirth education available!*

You want a calm, natural birth and you know that with the right support, you're capable...
but you're nervous about pain or losing control in labor.

You may have never thought about using hypnosis before...You might not even really understand what hypnosis is...

So imagine this...

Before your labor starts, you find that you're actually excited about labor and birth. You feel prepared and confident. You understand the process and you are very sure about what you want and why. You have been doing your homework, which is all about relaxing, deeply and profoundly, and you feel great. You have tools and information.

When your labor starts it is slow and easy and you feel deeply connected to your partner. He or she knows exactly how to help, and you move around, feeling relaxed and at ease. Things move quickly.

As labor progresses you find your rhythm. You often look like you're sleeping. You're not asleep, though -- you are in control, present, and deeply relaxed. In fact, you're so relaxed that your muscles work together, efficiently and easily. You are mostly comfortable and you feel calm. You can open your eyes and move around and smile. In less than six hours of active labor, your baby is born. You feel energetic and connected to your body, your baby, and your partner. Your baby is calm and alert and healthy. You feel empowered. You are proud and happy and all is right with the world. Everyone is ecstatic, smiling, calm, and happy.

Does this sound good? **This is a typical Blissborn labor.** In fact, **the vast majority of our moms give birth naturally. Our moms and their partners feel well-prepared, confident, and happy with their experience after the birth.** If you want a calmer, easier, natural labor and birth, Blissborn is your best bet.

Blissborn is the only class you'll need!

Doulas and other partners are welcome to attend for free! Five 2.5-hour classes for you and your partner, plus:

234-page manual

This will be your go-to guide! Packed with information about your pregnancy and birth, hypnosis, your baby, your body, your mind ... it's well-organized and fun to read, and full of footnoted and modern information.

6 practice recordings

One for each class, plus a bonus recording for labor. Practice with a recording about 20 minutes a day to become an expert at instantly getting into that relaxed state--the more you practice the better you get! Everyone can do it.



www.Blissborn.com

Questions? Feel free to call: Pat Sonnenstuhl, RN, CNM Retired

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<http://peacefulbirthing.org/>