



# FREE HYPNOBIRTHING® INFORMATION EVENING

## Fears and Tears.....or Happiness and Bliss?

Come along, let go of your fears and discover a new confidence and trust in your own birthing instincts

At this exciting FREE *HypnoBirthing* Workshop you will find out:

- ❑ Why labour and birth is not meant to hurt
- ❑ The secrets of comfortable, stress-free birth
- ❑ Why using these birth secrets increases the likelihood of a natural birth without drugs
- ❑ Why it is invaluable for Dad to be part of the birth
- ❑ How Dad can ease the course of birth

Second Wednesday of the Month  
7.00 pm – 9.00pm  
Healix Wellbeing Centre  
3a Chase Side, Southgate, LONDON, N14 5BP

The sooner you find out – the sooner you can relax

Please call **Christine** 020 8360 2518 to **pre-book your seats**  
Or visit [www.optimumsuccess.co.uk](http://www.optimumsuccess.co.uk) to learn more

**Christine** is one of the longest serving HypnoBirthing Practitioners in the UK, trained by the Founder, Marie Mongan.

*HypnoBirthing* is an internationally proven technique  
Taking the Birthing World by Calm