

**HYPNOBIRTHING BOOKING FORM**

**“*To omit the fear of birth and allow the body to birth naturally,***

***calmly, using deep relaxation and hypnosis”***

**The classes are held in the Parentcraft Room, Antenatal Clinic, on level B at the**

**Royal Surrey County Hospital.**

**Times are approximately 9:30 – 16:30 (including breaks).**

**Sessions are led by Sally Stainer and Claire Barraud, Hynobirthing practitioners. They have many years of experience teaching antenatal preparation and Active birth.**

**Dates for your booked sessions will be confirmed by email after acknowledgment of booking. Course recommended after 26 weeks of pregnancy. There will be limited spaces, so early booking recommended.**

**COST: £ 125.00**

**1 sessions over 1 day course (Sat or Sun)**

**Hypnobirthing handout, CD, Scripts included in price**

**Onsite Costa Café and M&S shop**

**Bring a pillow and/or yoga mat**

**Refreshments and biscuits supplied**

**If you wish to discuss the classes further please email:** [**sallystainer@nhs.net**](mailto:sallystainer@nhs.net)[**cbarraud@nhs.net or**](mailto:c.barraud@nhs.net)[**Julie.herbert1@nhs.net**](mailto:Julie.herbert1@nhs.net)

**Cheques are made Payable to: Maternity Services, Royal Surrey County Hospital sent with completed booking form to: Julie Herbert, Maternity, Level G, RSCH, Egerton Road, Guildford, GU2 7XX.**

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Hypnobirthing Booking Form

**Names: Address:**

**Contact Numbers:**

**1st**

**2nd**

**Email:**

**1st**

**2nd**

**Baby`s Expected date of delivery:**