



Love Birthing Course

WHO IS THIS COURSE FOR?

If you are anywhere between 20-34wks pregnant and desire a more conscious parenting journey as well as a positive birth experience(no matter how your birth unfolds)... then this course is for you.

WHEN IS BEST TIME TO START?

Classes are for both parents and an ideal time to start is anytime between 20 to 35 weeks of pregnancy. If you have busy schedules and/or are particularly anxious about the birth its best to do the classes earlier and it's also good to give yourself some time after the course finishes to continue your home practice.

HOW LONG IS THE COURSE?

Classes are fun, interactive and engaging with plenty of real time practice and birth rehearsals so you get a chance to practice everything you have learnt. Approx tuition time is 18 hours & its all online on Zoom

Online 6 Week Group Course on Saturday afternoons.

Online Private Sessions can be tailor made to fit your schedule.



Hi! My name is jasmine and I help prepare pregnant couples for their best birth.

I've been teaching my Love Birthing Classes for over 15 years and have supported 100's of couples to feel more calm, confident and prepared for their births.

Qualifications

Diploma in Clinical Hypnotherapy, Psychotherapy and Counselling

HypnoBirthing Practitioner

BabyCalm & ToddlerCalm Teacher

Doula (Trained with DONA)

NLP Practitioner & Coach

Advanced Theta Healing

Mother of two children



OUTCOMES

This is what you will feel or be able to do by the end of the course.

- Upgrade your knowledge and understanding of how women's bodies work and nature's design for birth
- Reprogram your mind to release fears, anxiety and limiting beliefs and replace them with an unshakable sense of inner calm
- Create the ideal birth environment and support team
- Be able to relax and shut out disturbances even in less than ideal environments
- Use hypnosis, mindfulness, meditation, visualization and breathing techniques to master your mind and body in any situation
- Prepare your partner to be calm, confident, prepared for anything and advocate effectively for you during labour
- Stack the odds in your favour of having a more natural birth with minimum interventions and medical drugs and procedures
- Understand the difference between what is medically necessary and what isn't in the hospital birthing environment
- Navigate the medical model of childbirth and know your rights in childbirth
- Prepare you to cope with and accept whatever path your birthing takes if you do require medical assistance
- Get breast feeding off to the best possible start
- Prepare for post partum & understanding your new born
- Use all the mindset tools in all areas of your life for the rest of your life



COURSE TOPICS

Here are the class topics and class content

Meet & Greet

- 1.5 hour orientation session & introductions
- Creating your ideal birth vision

Class 1

- Exploring how your beliefs and fears can affect your birth
- The physiology of birth – Uterine muscles, hormones and stages of labour
- Creating a positive mind set for birth
- Breathing for Stage 1 – Surge and Calm Breathing
- Progressive Relaxation
- Guided relaxation and Safe Place visualisation
- Birth Video 1 (Labouring at home)
- **Video Tutorial – Bonding with baby & Conscious parenting beginnings**

Class 2

- Creating your Birth Preferences
- Visualization techniques
- Stage 1 Breathing practice with partners using visualisations and relaxation techniques
- Breathing for Stage 2 – Birth Breathing
- Birth Video 2 (Hospital Birth)
- **Video Tutorial – Optimal positioning of baby pre labour**



COURSE TOPICS

Here are the class topics and class content

Class 3

- Understanding special circumstances and interventions
- What to do if your birth takes a different path to your preferences
- Informed decision making and consent
- Due dates & natural induction methods
- Birth Video 3 & 4 (Induction and C-section)
- [Video Tutorial - Positions for labour & birth & repositioning posterior babies](#)

Class 4

- Comfort Tools - Acupressure, Counter Pressure, Massage, Water, Rebozzo
- Stage 2 Breathing practice using comfort tools
- DIY Hypnotherapy session - Depthometer deepening technique with suggestions
- Dad's Role and Mums Comfort Cues
- Birth video 5 (Home water Birth)
- [Video Tutorial - Releasing fears](#)

Class 5

- Birth Video 6 (Hospital Birth)
- Signs of labour & birth - what to do when
- Labour practice - putting it all together- final rehearsal!
- [Video Tutorial - Breast Feeding basics](#)
- [Video Tutorial - Post partum planning](#)
- [Video Tutorial - Understanding & calming your baby](#)



WHAT DO WE RECEIVE?

- 5 x Weekly 3hr online class (8 x 2 hour classes if private)
- Access to all replays of all the classes for recapping later
- 6 x Extra Video tutorials to watch in your own time
- Unlimited What's App support over the whole 6 weeks and up until your baby is born
- Your Hypnobirthing Book and course manual
- Full set of over 10 Meditation and Hypnosis MP3s
- Goody bag worth over 300 dhs includes Essential Oils and useful labour tools.
- Access to my collection of resources and evidence based research
- What's app group for mums and dads to provide long lasting support and connection (group class only)

WHAT'S THE INVESTMENT?

GROUP COURSE

AED 2900 \$790

PRIVATE COURSE

AED 6900. \$1895