



Client Feedback

Claire and Owen – 1st time parents.

Welcome to the world Addalyn Lilly. 8lbs.

This beautiful baby girl was born via scheduled c section on 9th March due to being engaged as frank breech.

Here is her birth story written by proud mummy Claire... "Despite not having the water hypnobirth we wanted, we went into the c section relaxed and worry free because of the wonderful techniques hypnobirthing and Terri had taught us.

The c section itself was filled with laughter and happiness and I kept relaxed all the way though using the hypnobirthing breathing techniques.

She came out alert and calm and didn't cry at all and she is now the most relaxed and chilled out happy baby. I massively believe this is because of the hypnobirthing attitude and mindfulness I practiced throughout my pregnancy.

Having a c section made me realise that hypnobirthing isn't just about getting the birth you want it's, as said, accepting whatever turn a birth may take and turning it into a wonderful relaxing experience."