



Client Testimonial and Birth Story

At 41+1 Tori and Shammy welcomed their first baby, Olek (8lb 3oz), into the world at home after a 21 hour, spontaneous labour.

Huge congratulations to this amazing couple who worked so hard on their antenatal education and birth preferences.

"Our plan was to have him at home, using hypnobirthing (HB) techniques and minimal intervention or drugs. Our dream birth came true!, Olek was born in the comfort and chilled environment of our lovely home, with amazing midwives, some gas and air, and the invaluable hypnobirthing techniques which Terri taught us from when I was 28 weeks pregnant.

I can't really put into words how magical and special labour and giving birth were, but I know we can't wait to do it all over again!. HB taught me to surrender my body and mind into the birthing process and because of this I had complete time distortion; not feeling those 21 hours at all. He was born in the most beautiful, gentle way and is a very content and happy baby.

We absolutely loved having Terri come to our home to deliver the course. She made us feel at ease, so friendly, and easy to talk to. My Fiancé gained so much knowledge and confidence from the course content; and from Terri, that he actually ended up delivering our baby! He said Terri is such a lovely person and the HB course was worth every penny- I would defiantly agree. Importantly, Terri gave me the confidence to believe in myself when most people rolled their eyes at my plan for a natural home birth.

I put so much effort and time into practicing HB techniques, taking regular HB guided meditations, reciting my affirmations, and educating myself on the birthing process- so I believe our dream birth was not down to 'luck' but through our own efforts. Almost one month on and I'm still buzzing from the birth, feeling totally euphoric and in awe that I did it, in the way I wanted. Birth is amazing, women are amazing."