



## Client Birth Story

*Huge congratulations to Morwenna and Tom on the arrival of their second baby. This birth was very different from their first experience. They planned and prepared in a very different way the second time around, and it paid off! Its birth stories like this that show the huge impact that Hypnobirthing can make. Thank you Morwenna and Tom for sharing your story and inspiring others to take control of their birth experience.*

"I'm not even sure where to start in thanking you but I don't think I could say thank you enough for the difference in my pregnancy and birthing journey this time round. 10 days ago today (on my original due date!) I gave birth to a beautiful little girl whom we have named Matilda, to be affectionately known as Tilly.

I was so calm throughout my surges and fairly short labour that we actually left our house a little too late in the process and made a quick decision to head to Penrice rather than Treliske. I gave birth at 8.34pm, less than 15 minutes after arriving at the birth centre. If we ever choose to have another child, I will certainly know to either have them at home or to make the car journey a little sooner. Being in my comfort zone at home I really didn't notice how far I had progressed and felt such a sense of calm and energy that I could rock through the surges.

Once we got into the car it was quite different and I became much more aware of pain without the ability to move - we also got stuck behind 2 tractors and the train gate closed at St Blazey for an empty train! Although at the time this was hard, I realised how much I had already managed and still felt incredibly positive. I didn't make it into the water at Penrice but I was able to enjoy the pool after at least! The difference in healing time following a natural birth has been unbelievable for me and by day 5 we were out for a family lunch.

Your knowledge, passion and support in just 3 sessions gave us so much power, understanding and positivity that I can honestly say I wanted to go through it all again the next day.

Thank you for helping us to have the most beautiful experience bringing our second daughter into the world, you really are incredible at what you do."