



Client Feedback

Rowenna and Ben telling their amazing experience of HypnoBirthing – Thank you for sharing!

“Our HypnoBirthing experience was absolutely amazing - we found the delivery of the course both easy to follow, relaxed and easy to relate to and at times when we were unsure if we had grasped things, Terri made us feel very reassured. The course was also informative and with every bit of knowledge we gained about the human body and what our baby was already equipped to do, we felt our confidence grow. We agree with all of the natural benefits of HypnoBirthing from the onset and feel this is key to building on your experience.

Our first experience of birth with our daughter, although by no means traumatic, we knew was not the kind of birth we wanted to repeat. Although I had only gas and air and was able to have her in a birthing pool, I was very tense and gripping/clenching with every surge and had no faith that my body and baby could get me through. Also I tore which I have always believed to be due to the given advice to 'push' my baby out.

Using the relaxation techniques, breathing and light touch massage we learnt and used during the birth of our son this time, we experienced a calm and controlled birth, free of any anxiety and pain. I had complete confidence in my partner to guide me through and in fact he was always one step ahead of our progress from monitoring my breathing and mood - to the point where he turned to the midwife and said 'we're about to have our baby' and I replied 'really?!' HypnoBirthing also gave me the confidence to have our son at home, an experience I would recommend to anyone. Our baby came out without crying, I had a pain free experience, my partner was fully involved and our daughter, who woke 8 minutes after he was born, was able to join us for our first family cuddle!

Finally, the additional support and genuine care from Terri was heartfelt - it takes someone special to deliver the course in such a way that she does and we truly enjoyed every session. HypnoBirthing will change not only your birthing experience but others as well - we have 2 friends already who are signing up!”