

HypnoBirthing

INTERNATIONAL
The Mongan Method



HYPNOBIRTH® CHILDBIRTH CLASSES

Taking the Birthing World by Calm. HypnoBirth® classes use hypnosis, a naturally induced state of relaxed concentration during which helpful suggestions are made to the subconscious mind. The subconscious mind influences choices we make, and what we think and feel. It is our belief that everyone can use hypnosis, provided they are willing.

The HypnoBirth® belief is that, with deep relaxation, taught with the use of self-hypnosis, the body births in a relaxed serene manner. The philosophy supports the belief that pregnancy and birthing is a very beautiful and special time of your life. Hypnosis enhances your body's natural ability to give birth.

During hypnosis the mother is fully awake, and able to talk, but is totally relaxed and fully in control. She will be able to determine the extent to which she feels the uterine contractions. Muscles and nerves may still send pain impulses, but the pain can be minimized or completely blocked with the use of hypnosis. Hypnobirth® classes are usually the choice for expectant parents who prefer not to use pain medications or anesthesia, and are looking for a more natural approach to birthing, one which is as intervention free as possible. On average, labors can be up to 50% shorter with the use of these techniques, due to the relaxation that occurs. Our classes are small and personal. The techniques you learn through deep relaxation and the power of positive thinking can be used not only for birthing but can be adapted to many areas of your life. Even if medications or a Cesarean birth become necessary, the skills you learn in class can be applied to your birthing experience.

Certified HypnoBirth® Practitioners teach our classes. Because of the smaller more personal classes, and the special materials used, HypnoBirth® classes are priced slightly higher than our Lamaze classes. You would attend one evening per week for five weeks, 6:30 p.m. – 9:00 p.m. Parents should try to register for classes early in your pregnancy.

Please call Parenting and Childbirth Education Services at (908) 788-MOMS(6667) if you have any questions, otherwise please use the enclosed registration form to reserve your place. For more information, you may also visit www.hypnobirthing.com.



Hunterdon Health

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HypnoBirth® Class Series Dates

Classes are held Thursday evenings for five weeks from 6:30 p.m. to 9:00 p.m.

2025 Tentative Series Dates (subject to change as required)

January 9 to February 6

February 20 to March 20

April 3 to May 1

May 22 to June 19

July 10 to August 7

August 28 to September 25

October 9 to November 6

Couples should plan registering for classes early in your pregnancy.

Our coordinator will place you in the series that is best for your expected delivery date.

Cost \$236.00

(insurance often covers part of the cost!)

Pre-registration is required.

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