



**ROSE hypnotherapy
& hypnoBirthing®**
WWW.ROSEHYPNO.COM

HypnoBirthing® (Mongan Method) Course Dates

Please email or phone me to check availability on the following group 12 hour HypnoBirthing® classes held at my residential practice in Moordown, Bournemouth:

FREE TASTER SESSION

FREE taster sessions are held in Bournemouth on the first Friday of every month from 5:30-6:30pm & on weekday mornings too (contact me to find out when the next weekday morning taster is being held). Meet other mums-to-be, watch at least one inspiring HypnoBirth®, enjoy some deep relaxation (good for you & baby) & find out how HypnoBirthing® vastly reduces or eliminates discomfort during labour, (lots of HypnoBirthing® mums report needing no pain relief throughout their birth experience) & prepares you for a calm, enjoyable birth that you'll want to remember. In a nutshell, you'll find out why HypnoBirthing® is good for mums, dads & babies!

COURSES (four couples max per course).

FULL HYPNOBIRTHING® COURSE DATES (maximum of four couples on each course).

The full course can be attended anytime from 20 weeks. All costs include classes, a top-up session near your estimated due date, the HypnoBirthing® book, two cds and access to a lending library of pregnancy & childbirth related books. Contact me to check availability on these 12½ hour HypnoBirthing® group classes run in Bournemouth.

MARCH & APRIL 2012

SATURDAY MORNINGS = 24th March, 31st March, 7th April, 14th April & 21st April
(9:30am-12noon)

Cost per mum or per couple : £200

TUESDAY MORNINGS = 27th March, 3rd April, 10th April, 17th April & 24th April
(9:30am-12noon)

Cost per mum or per couple: **EARLY BIRD SPECIAL ON THIS COURSE!** Book by 27th Feb & pay my early bird rate of **£150 per mum or per couple for the whole course.** That works out at just £30 per session including all materials, books, cds etc...

Book after 27th Feb & still only pay £175

WEDNESDAY EVENINGS = 28th March, 4th April, 11th April, 18th April & 25th April
(6:00pm-8:30pm)

Cost per mum or per couple : £200

MAY 2012

SATURDAY MORNINGS = 5th May, 12th May, 19th May, 26th May & 2nd June (9:30am-12noon)

Cost per mum or per couple: £200

TUESDAY MORNINGS = 1st May, 8th May, 15th May, 22nd May & 29th May (9:30am-12noon)

Cost per mum or per couple: **EARLY BIRD SPECIAL ON THIS COURSE!** Book by 1st April & you won't be an April Fool. You'll pay my early bird rate of **£150 per mum or**

per couple for the whole course. That's just £30 /session & includes materials, books,cds etc...

Book after 1st April & pay £175

WEDNESDAY EVENINGS = 2nd May, 9th May, 16th May, 23th May 30st May (6:00pm-8:30pm)

Cost per mum or per couple: £200

JUNE 2012

SATURDAY MORNINGS = 16th June, 23rd June, 30th June, 7th July & 14th July (9:30am-12noon)

Cost per mum or per couple: £200

TUESDAY MORNINGS = 12th June, 19th June, 26th June, 3rd July & 10th July (9:30am-12noon)

EARLY BIRD SPECIAL ON THIS COURSE! Book by 12th May & pay my early bird rate of **£150 per mum or per couple for the whole course.** That works out at just £30 per session including all materials, books, cds etc...

Book after 12th May & pay £175

WEDNESDAY EVENINGS = 13th June, 20st June, 27th June, 4th July & 11th July (6:00pm-8:30pm)

Cost per mum or per couple: £200

AUG 2012

SATURDAY MORNINGS = 28th July, 4th Aug, 18th Aug, 25th Aug (9:30am-12:30pm)

Cost per mum or per couple: £200

TUESDAY MORNINGS = 7th Aug, 14th Aug, 21st Aug & 28th Aug (9:30am-12:30pm)

EARLY BIRD SPECIAL ON THIS COURSE! Book by 7th July & pay my early bird rate of **£150 per mum or per couple for the whole course.** That works out at just £30 per session including all materials, books, cds etc...

Book after 7th July & pay £175

THURSDAY EVENINGS = 2nd Aug, 9th Aug, 16th Aug, 23rd Aug & 30th Aug (6:00pm-8:30pm)

Cost per mum or per couple: £200

Contact me for course dates from September 2012 onwards.

If you'd prefer a ONE-TO-ONE COURSE (maybe because you are quite close to your estimated due date), these can be arranged on days or evenings to suit you & can be held at my residential practice or in the comfort of your own home.

Cost per mum or per couple (one-to-one at my residential practice in Moordown, Bournemouth): £250

Cost per mum or per couple (one-to-one in *your* home): £275