

HypnoBirthing

BIRTH CLASSES

Evenings: 6pm-9pm

Mon-Tue-Wed

Weekends: Every 2nd

Handy Locations

- Abbotsford
- Annandale
- Glenorie

Imagine a perfect birth...
A calm, fear free, natural birth

HYPNOSIS for BIRTH

When a woman is properly prepared, mentally, physically & spiritually, she is empowered to birth her baby feeling calm, confident & fear free

Sydney Wellbeing Centre

The centre for emotional health & wellbeing

www.sydneywellbeing.com

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