

## **Tranquil Beginnings Program©**

**Explore our new and exciting complete childbirth education program. Expectant Moms will learn how to have a natural birth with little or no discomfort utilizing Hypnosis for birthing. Pre-natal Yoga & Movement, Pre-Natal Exercises, Pre-Natal Massage & Baby Massage are supplementary classes tailored to meet our program specifications and are a wonderful way to complete your Tranquil Beginnings Birthing Experience.**

The Tranquil Beginnings method for childbirth is as much a philosophy of birth as it is a specific technique that advocates a stress-free, tranquil, and peaceful method of birthing. Tranquil Beginnings educates both Moms and Birthing Partners with skills and techniques that allow childbirth to occur in a calm and more relaxed manner. At Tranquil Beginnings we offer the choice of two highly successful Hypnosis for Childbirth programs which are based on Gerry Kein's Painless Childbirth Program. Our moms quickly discover how to bring forth their body's own natural anesthesia. Understanding and practicing these self-hypnosis techniques will significantly decrease or even completely eliminate any discomfort and/or the need for an epidural or pain medication. Once women begin preparing for Childbirth with Hypnosis they notice how the mind-body connection works and become completely in sync with their baby and inner self. This allows birth to happen calmly and simply just as nature intended.

Tranquil Beginnings allow Mothers and Birth Partners to view videos of actual Hypnotic Births. You will observe laboring mothers, awake, alert, relaxed and happy as they experience their Tranquil Beginnings experience. Our moms are taught how to release the Fear-Tension-Pain Syndrome that is often associated with birthing. By utilizing techniques taught through the Tranquil Beginnings women become proficient in changing their old, negative programming about how birthing should be, and replace it with a new positive belief system. You will learn how to listen to and trust your body during labor and delivery. Our moms learn easily how to release any negative or limiting beliefs associated with giving birth, or with how having a baby will change their lifestyle. We also offer Pre-natal Yoga as well as Prenatal & Baby Massage sessions as add-ons to complete your wonderful birthing experience.

Tranquil Beginnings Moms remain focused, calm and go within themselves when it is time to birth. They often choose to walk around freely, sit on Birthing Balls, relax or get some sleep before the actual delivery stage. We strive to help our moms remain comfortable, at ease and in tune with their bodies during the completely natural and wonderful experience of Childbirth by Hypnosis.

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