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HypnoBirthing is also referred to as the Mongan Method. It's considered the "original" method and involves five classes that are 2 1/2 hours long, totaling 12 hours of instruction. There are ...

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Hypnobirthing is a method of pain management that can be used during labour and birth. It involves using a mixture of visualisation, relaxation and deep breathing techniques. Share on. Share via Facebook; Share via Twitter; Share via WhatsApp; Share via Email; Print Breathing exercises have long been part of antenatal classes. Hypnobirthing takes this and adds relaxation, visualisation and ...

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Hypnobirthing at Sure Start South Armagh Hypnobirthing at Sure Start South Armagh Sure Start South Armagh currently has 3 fully trained The Mongan Method Hypnobirthing practitioners who deliver 5 week programmes to couples interested in learning how to birth in a more relaxed and stress free environment for mother and baby.

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HypnoBirthing International (Marie Mongan Method, Birth Basics component) Informed Beginnings; International Childbirth Education Association (ICEA) Istanbul Doğum Akademisi (Istanbul Birth Academy) JJWay Childbirth Educator Course 1240; Lamaze Certified Childbirth Educator (LCCE) National Childbirth Trust NCT Preparation for Birth and Beyond; Prepared Childbirth Educators, Inc. The Leclaire ...

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