

HypnoBirthing® - The Mongan Method

My Sister's Doula is an affiliate of the HypnoBirthing® Institute.

HypnoBirthing® is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. This amazing program teaches you, along with your birthing companion, the art and joy of experiencing birth in a more comfortable manner.

You will learn how to call upon your body's own natural relaxant and thus lessen, or even eliminate, discomfort and the need for medication. When a woman is properly prepared for childbirth and when mind and body are in harmony, Nature is free to function in the same well-designed manner that it does with all animal mothers in Nature.

You will be fascinated as you view HypnoBirthing® films, showing laboring mothers, awake, alert and in good humor as they experience the kind of gentle birth that you, too, can know when you are free of the fear that causes pain and tension.

Through self-hypnosis, special breathing and visualization, HypnoBirthing® teaches you to release all prior programming about birth, how to trust your body and work with it, as well as how to free yourself of harmful emotions that lead to pain-causing fear and unyielding muscles.

HypnoBirthing® will teach you the art of using your own natural birthing instincts.

With HypnoBirthing®, you will not be in a trance or a sleep state. You will be aware and fully in control, but profoundly relaxed.

HypnoBirthing Classes are taught in a format of four 3-hr classes and start the first Monday of every month at 6:30PM. Pre-registration is required.

Private in-home instruction is also available. Please contact me for pricing/availability.

Call now for more information! (651) 398-0817

Classes are held at:

Family First Chiropractic & Wellness Center

2485 Maplewood Dr. Suite 215

Maplewood, MN 55109

HypnoBirthing® Statistics

- In 2007 only 15% of US HypnoBirthing mothers birthed via C-Section, compared the the national average of 32%.
- Over 70% of HypnoBirthing mothers birthing vaginally had unmedicated births.
- 12% of HypnoBirthing mothers chose to birth in the comfort of their own homes. The national average is less than 1%.
- 6% of HypnoBirthing mothers chose to birth in freestanding birth centers. The national average is less than 1%.

Parent Testimonials

"HypnoBirthing gave me a most priceless gift-a childbirth experience that was free of fear."

"Nothing can describe the beauty of our birthing experience with HypnoBirthing. I never dreamed after having two children with another method that I could have so easy a labor."

"Our daughter came into this world so much easier than either of us could have hoped for. With Godspeed, keep up the good work of HypnoBirthing."

"The nurses said they had never seen a woman so calm, yet so strong. They couldn't put the HypnoBirthing book down."

HypnoBirthing®: Taking the Birthing World by Calm

Aydia's HypnoBirth at Woodwinds Hospital (photography by Melissa Lyn Portraits)