



mama calm

hypnotherapy and massage for a calm pregnancy and positive birth



Mama calm offers exciting new sessions packed with information, practical skills and talks from experts relevant to pregnancy, birth and beyond. With a holistic approach, there is a strong emphasis on the benefits of massage and hypnotherapy in pregnancy, labour and birth.



The course is organised and led by Helen Hart, a qualified nursery nurse, massage therapist and certificated infant massage instructor and Sarah Leonard, Cognitive Hypnotherapist and Neuro-Linguistic programming Master Practitioner. Both Helen and Sarah see pregnancy and birth as a very natural process and offer sessions that will give you the opportunity to experience your body and your pregnancy and explore the changes your body and mind might go through.



Research proves the enormous health benefits of massage to both the mother and the developing foetus. Pregnancy massage helps to keep you healthy and in the best condition for giving birth. During labour, our birth partner can utilise the massage techniques to help you relax and encourage blood to flow to the uterus enabling your body to work at it's optimum during the birthing process. After the delivery, massage can help the mother to recovery, regaining her strength more quickly, relieve strain from caring for the new baby and ease postpartum stress.

Cognitive Hypnotherapy helps the parents to increase confidence and remove fear of labour by learning to trust in what our bodies are telling us and being able to communicate this to those around us. One of the problems of fear is that it can overwhelm people. When giving birth, if the mother loses control, it can force others to take control and intervene in various ways. By removing the fears of the mother it means that she can keep control of her own birthing process. We aim to overwrite the mother's conscious and subconscious fears with techniques and a positive approach that the birth process can be manageable. By working through our fears and anxieties surrounding birth we can release negative thoughts that we hold around childbirth.

Mama calm classes are the perfect opportunity to meet new people and learn skills which will be useful not only in your pregnancy but beyond the birth also. Groups are friendly and informal and numbers are kept small to ensure a high standard. You and your birthing partner can attend mama calm classes either as a 5 week course or a one day workshop, please contact Sarah or Helen for further information and course dates.

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