

# Imagine.... Comfortable Childbirth!!!



Through Self-Hypnosis Training for Moms-to-Be

## Comfortable Childbirth Education Program

- WHO?** Moms-to-Be in their 30<sup>th</sup> Week (earlier or later) and their Birth Partners
- WHAT?** 4 Classes with CD (Private or Group)
- WHERE?** Virtual Sessions and/or Live Sessions in Tampa Bay, FL. In your home or my office
- INFO?** 727-741-8513
- WHY?** Because Self-Hypnosis Training...
- Empowers the mother-to-be
  - Improves her emotional well-being
  - Releases stress, fear, tension, and anxiety
  - Encourages relaxation and rest
  - Assists in minimizing pain and pressure
  - Creates a more positive birth experience.
- And much more! Sign up today!!**

## Hypnosis? Yes! It works!!

Simply, **Hypnosis** is a state of focused attention where the body and mind relax together. The **Comfortable Childbirth Education Program** teaches Mom-to-Be and her Birth Partner effective techniques to create comfort before, during, and after the wonderful birthing journey.



**Your Instructor/Coach:**  
**Jan Rysdon, M.A., CHt.**  
**Certified Hypnotist**



[www.JanRysdon.com](http://www.JanRysdon.com)

~~~~~  
**Call 727-741-8513**  
~~~~~

"I told my doctor and his staff about Comfortable Childbirth with Hypnosis the whole time I was seeing you. I can't say it was easy, but it was quick and definitely not painful like my first! This birth was more emotional, and my husband was there for that part, concentrating on his new baby girl because there was no pain for his loving wife."

~Coral V., St. Petersburg, FL