

Hypnobirthing classes

for everyone who wants
to birth in a calm and
relaxed way

This 10-hour course is provided
by our WiseHippo-trained
hospital midwives over four
consecutive weeks.



Maximum 12 couples per course.

The course costs £100, plus £21 for
materials, which include an easy to
follow manual and 7 relaxing mp3s
for you to use to help achieve
the right birth on the day.

For more details and the latest
course dates, email our midwives at:
hypnobirthing@btuh.nhs.uk

