

## Reviews

My partner and I did a Hypnobirthing® series with Christy and it was **INVALUABLE**.

...the process **prepared me** in ways I couldn't have imagined...

The fear release in particular cleared a lot out of the way I wasn't aware was there. ... I **thank her to the moon and back** and couldn't recommend it enough.

~Abby M.

Christy was amazing and put us and at ease from the very beginning. I **learned more that first session** than I ever expected, or *ever knew I needed to know*.

... As a **first-time dad** I learned about my role, and how to be present and purposeful...

A sense of **calm enveloped me** in my daily life."

~Jesse W.

Do you have a desire to feel **empowered and in control** of your birthing experience?  
...But you are feeling **somewhat nervous?**

**You are not alone.** And there are simple techniques you can learn now to help you when birth time comes. **Practical, easy, and simple.**

Consider a HypnoBirthing® Course, this is a **comprehensive childbirth** preparation experience for expectant parents.

The design of this series leave you with a sense of **calm, confidence & readiness** for your birth...



## MORE INFORMATION

This course is taught by Christy Cowgill, an experienced nurse (anesthesiology) and hypnotherapist, owner of Enter into Calm Hypnosis/Coaching.



You are well supported in this journey, whether planning a hospital, birth center, or home birth experience.

Call 971-249-2819 or visit [www.enterintocalm.com](http://www.enterintocalm.com)

## HYPNOBIRTHING CLASS SCHEDULE

2023 schedule/ meets weekly:  
Jan 11-Feb 8, 2023 at 6:30 pm PST  
Apr 5-May 3, 2023 at 5:00 pm PST  
May 31-Jun 28, 2023 at 5:00 pm PST  
Sep 13-Oct 11, 2023 at 5:00 pm PST  
Nov 6-Dec 4, 2023 at 6:00 pm PST

Class Location:  
Resonate Health Spa  
2119 Portland Rd  
Newberg, OR 97132  
or Join us via **Zoom**

## COMPREHENSIVE CHILDBIRTH CLASSES

**NEW**

FEATURING HYPNOBIRTHING®  
THE MONGAN METHOD

## WHAT'S INCLUDED

The most up-to-date **evidence-based information** on pregnancy and birth – so you can confidently make informed decisions for yourself and your baby.

The HypnoBirthing® Course is a series of 5 engaging, **interactive sessions** that last 2 1/2 hours per week- plenty of time to practice and **learn together as a couple.**

- HypnoBirthing® by Marie Mongan
- Rainbow Relaxation recording & more
- Parent Handout Book including relaxation scripts & resources
- Weekly emails to keep you on track with your practice
- Custom mobile app- packed with tips and tricks for birth, breastfeeding, and more.
- Support from Christy, your educator, up to 6 weeks after your birth
- and so much more!

## PERFECT FOR THOSE WHO

- have fear surrounding giving birth.
- want a natural or unmedicated birth.
- are planning a scheduled cesarean.
- want a vaginal birth after cesarean (VBAC).
- are pregnant and wanting a natural birth.
- experienced a previous birth that was disappointing to traumatic.
- want to take a prenatal class that doesn't focus on pain and medications.

## WHAT YOU'LL LEARN

- Effective breathing techniques to use during pregnancy, labor, birth, and parenthood.
- Positions and relaxation techniques to support labor & birth
- Tools for your birth companion to support you throughout your birth
- How the birthing body works efficiently and effectively through the different stages of labor
- and much more!



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