

Download Hypnobirthing A Celebration Of Life

HypnoBirthing Childbirth Education Class Series. 3-week Series: Mar. 9, 16, 23. Saturdays, 9:30 a.m. — 1:00 p.m. | Coliseum Room. HypnoBirthing is an age old childbirth education method that uses hypnosis to eliminate the fear and tension that creates pain in the birthing experience. A way to prepare your body and mind to activate your natural ability to give birth physiologically; A celebration of the miraculous unfolding of the hormone driven processes of pregnancy and birth. Trybe Hot Yoga is a new and dedicated hot yoga studio based in the heart of Penwortham, Preston, with state-of-the-art heaters and a climate control system. The international organisation for the education and certification of Kinesiology Professionals. Courses are taught worldwide in many languages, and students can gain a globally recognised qualification in the practice of Kinesiology (the science of muscle balancing).