Royal Surrey County Hospital NHS
NHS Foundation Trust

HYPNOBIRTHING BOOKING FORM

"To omit the fear of birth and allow the body to birth naturally, calmly, using deep relaxation and hypnosis"

The classes are held in the Parentcraft Room, Antenatal Clinic, on level B at the Royal Surrey County Hospital.

Times are 9:30 – 16:30 (including breaks).

Sessions are led by Sally Stainer, one of our Midwives with Hynobirthing training. She has many years experience teaching Parentcraft and Active birth.

Dates for your booked sessions will be confirmed by email after acknowledgment of booking. Course recommended after 28 weeks of pregnancy. There will be limited spaces, so early booking recommended.

COST: £ 190.00

4 x 3 hour classes (12hrs in total) over 2 days (Sat & Sun)

- Hypnobirthing book, CD, Scripts and handouts included in price
- Onsite Costa Café and Spice of life restaurant
- Bring a pillow and/or yoga mat
- Refreshments and biscuits supplied

If you wish to discuss the classes further please email: sallystainer@nhs.net

Cheques Payable to: Maternity Services, Royal Surrey County Hospital sent with booking form to: Julie Herbert, Maternity, Level G, RSCH, Egerton Road, Guildford, GU2 7XX.

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Hypnobirthing Booking Form and cheque payment

Names :

Address:

Contact Numbers : 1st 2nd

Email: 1st 2nd

Baby`s due date :