

HypnoMothering®

HypnoMothering is a single session, 2.5 hour long class. This fun, practical session is for moms only, where you will learn self-hypnosis techniques specifically targeted to challenges new moms face.

The class covers everything from making the most of limited sleep, enhancing bonding, developing maternal instincts, finding focus and mindfulness amidst the myriad of feelings that come with being a new mother.

Offering special classes for both moms-to-be and to mothers who have already had their babies.

A GIFT

just for you

Sign up for your HypnoMothering® Group Class with **Mindful Space** and enjoy this special rate

\$ 160
(UP \$200)

Enter Code : MSHM20%OFF

** Classes available monthly from July 2019. Min 2 to start.
Promo till Dec 2019.*

Partners :



www.mindfulspace.com.sg



www.babywithbee.com



What Moms Are Saying About HypnoMothering®...

"The HypnoMothering® class calmed my anxieties about the first few months and gave me real, tangible solutions to help me deal with the transition.

I feel so much more prepared, at ease and excited! Every mom-to-be, and even those with kids already, can benefit from this class."

"HypnoMothering equipped me with some additional tools for releasing fear and tension for after my baby arrives. It also brought up things I hadn't thought about or prepared for to this point."

"HypnoMothering helped me feel prepared to deal with the stresses and anxiety that comes along with parenting. Knowing ways to deal with the emotional side effects will be so helpful and has taken away the anxiety I was already feeling before taking this class."