



## **Price List**

valid until end of Dec 2011

### **HypnoBirthing® Group Course - £245**

### **HypnoBirthing® Private Course - £425**

A complete ante-natal course for a calm and relaxed pregnancy and birth, held over 4 classes of 2 ½ hours plus a refresher class closer to your due date. Includes all materials, book, CD and a birthing ball.

### **HypnoBirthing® Refreshers – £60 for 2 hours**

### **HypnoBirthing® for 36+ weeks - contact to discuss requirements**

### **Breech Turn or Natural Induction using Hypnotherapy - £35**

### **Additional fear/ emotional release sessions - £35/ hour**

### **Baby Massage Course - £55**

Learn how to massage your baby over this 4 week course. Benefits include bonding, relief from colic and teething, improved relaxation and sleep patterns (Includes handouts, oil and the Pocket Book of Baby Massage)

### **Baby Yoga Course - £40**

Learn baby yoga over this 4 week course. Benefits include improved physical strength and cognitive development, bonding, improved relaxation and sleep patterns. (Includes handouts)

### **Rhythm Kids® Yoga Course - £32**

A yoga, music and movement class incorporating the baby yoga routine for babies 3 months up to toddlers, learn the routine over 4 weeks.

### **Baby Coach® Postnatal Course - £32**

A 4 week topical discussion based course for mums and babies.

### **Private Massage/ Yoga/ RK's – contact for prices**

### **Parent Coaching/ NLP/ Hypnotherapy - £35 / hour**

### **Swedish Body Massage - £50**

### **Hot Stone Massage - £55**

### **Hopi Ear Candling - £20**

### **Waxing – from £10**

Baby Coach Ltd

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