



THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



HYPNOBIRTHING

Now available at The Bellerive Quay Health Hub!

The Hypnobirthing Australia™ program is uniquely designed for Australian mothers and their birth companions. Classes prepare you with the knowledge, confidence and tools you need to birth calmly. Birth can, and should be, a positive experience – one that you will always want to remember!

The 'hypno' part of 'hypnobirthing' refers to the hypnotherapy that we use to let go of fears and condition ourselves to release endorphins during our birth. With the help of hypnotherapy, the birth of your baby can be a more calm and relaxed experience; one where you are in the driver's seat, rather than feeling like a passenger. This is likely to reduce the need for interventions during your birthing.



Enrolments Essential

See the Website and phone The Hub
to book into available Classes!
Hurry as places are filling fast!

The Bellerive Quay Health Hub
33 Cambridge Road
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

p: 6122 0150
f: 6122 0169
e: reception@yourhealthhub.com.au
w: www.yourhealthhub.com.au