



imagine...

*a calm, relaxed,
beautiful beginning
to your baby's life*

*"Everything I wanted
in the birth happened"*

Claire

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calmbirth[®] is an Australian pregnancy and childbirth preparation programme, offering parents to be, the opportunity to develop simple techniques allowing mothers to birth their babies as calmly, as naturally and as joyfully as possible.

Developed to eliminate fear, anxiety and tension during pregnancy, labour and childbirth, it gives mothers the ability to access subconscious resources, building confidence and excitement around birth.

Central Coast Calmbirth teaches couples the simple techniques of:

- Relaxation
- Breathing
- Visualisation

Couples develop those skills during the remainder of pregnancy, to be used during labour, birth and beyond.

*"...a huge thank you for teaching us the wonders of calmbirth[®]
We had such an amazing birthing experience".*

Amanda, Kane and Lars

Learn the techniques that become life skills increasing awareness and responsiveness to new ideas making them a valuable tool for life.

Why not join a class now and discover the well of inner resources that you already have, and start to feel more confident about birthing your beautiful baby.

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