



## "The New Mindful Hypnobirth"

course which is focussed on breathing relaxation and visualisation.

Best time for pregnant couples to commence the courses is from 25 weeks of pregnancy

**The New Mindful Hypnobirth** options to choose from are:

2 x Saturday: Condensed course 9am to 4.30pm

2 x Sunday: Condensed course 9am to 4.30pm

1 weekend Saturday/Sunday course 9am to 4.30pm

1 x Saturday Super condensed course workshop 9am to 4.30pm

1 x Sunday Super Condensed course workshop 9am to 4.30pm

1 x Weekday Super Condensed course workshop 9am to 4.30pm

4 x Evening Course, one evening per week 7pm

*#Note The 2-day version is the most popular and the most effective*





*Julie Clarke is  
regarded as a  
specialist  
facilitator*

**In the New Mindful Hypnobirth course,  
expectant parents will learn:**

- The correct breathing techniques for labouring and giving birth more comfortably, more easily and quicker
- The rules of working “with” your body instead of fighting against it
- Exactly how to use deep relaxation during the pregnancy to be “labour ready” for a quicker, easier, satisfying, stress-free birth
- **What to expect** during late pregnancy, labour and birth
- How to **take fear out of normal childbirth** and why you need to
- The most up-to-date breath awareness techniques to use in labour, which are evidenced based by research
- Guidance on **working with the anatomy** and physiology of normal birth, for a quicker, easier birth for mother and baby
- Why mindset, attitudes, intentions, expectancy and imagery can



make all the difference to birth experience outcomes

- The role of hormones and how they are your helpers
- **How "real" birth differs** from Hollywood stereotypes and why
- Variations on "textbook" labour, and **how to respond to them**
- The physical and emotional **roadmap of the birth experience**
- How to use visualisation for a shorter labour
- **Comfort measures for labour** and birth including practical tools and strategies for reducing medical interventions
- **How to communicate well and negotiate with staff**
- **Guidance for partners on how to reduce her anxiety, self-doubt and enable her to be uninhibited during labour**
- How scientifically this is proven to be the best way to prepare and birth the beautiful little passenger into the world no matter how the birth is completed
- How to allow instinctive and intuitive responses to uncurl
- **Enhancing your relationship as a couple, bonding and working as a team** throughout pregnancy, birth and beyond



Julie's You Tube channel here

[https://www.youtube.com/playlist?list=PLe7\\_TJlqY69srudVG\\_l64AjekFLf0Uajn](https://www.youtube.com/playlist?list=PLe7_TJlqY69srudVG_l64AjekFLf0Uajn)

5 star Reviews can be found on [www.julieclarke.com.au](http://www.julieclarke.com.au) website

Google Maps have lots more reviews of both of Julie's Courses find at "Transition into Parenthood"

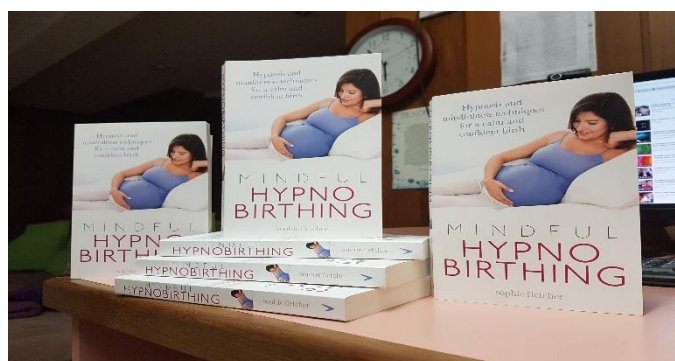
WOMO Word of Mouth Online also have a lot of 5 Star Reviews from previous clients





## Both of Julie's Courses are Especially Designed For:

- pregnant couples expecting their first baby who want to feel ready, prepared and organised
- those who are highly motivated and have already read everything but want to be able to ask questions, fill in more gaps to their knowledge and gain better clarity of the details
- those who describe themselves as completely clueless and scared, who need a gentle, kind, calm mentor to guide them easily and simply
- those who have had a baby before and want to prepare for a more positive experience this time
- those who had a premmie baby before and missed out on the chance to prepare previously
- those who have already been along to Julie's courses previously, loved it and want to soak up all the positivity in readiness for their next awesome experience. They are excited to return to receive the input of encouragement,





## **Benefits You and your Partner Will Gain from attending Both of the Courses with Julie during your mid-late pregnancy:**

- Julie ensures each of her courses are wholesome, enriching, supportive, positive, and potentially increases the well-being of each participant
- Julie shares unique details in each course without doubling up or repeating or cross over of information - don't hesitate to book both, look forward to gaining all the wisdom you are going to need over the next few weeks and months
- You will gain a lot of useful, practical knowledge quickly and easily in a comfortable lounge environment, without any stress, pressure,
- Couples achieve a strong sense of becoming a more effective team in readiness for working together throughout birth and beyond into raising children as loving effective parents
- To positively enhance the increased communication and connection which naturally occurs during pregnancy, for each pregnant couple, to reduce the risk of family breakdown later
- To assist each mum and dad-to-be to thrive in their respective roles, to increase understanding, respect, togetherness, relationship bond and closeness so vital to begin parenthood







**Megan Markle and Harry have done Hypnobirthing in the UK during their pregnancy and they've engaged the services of a Birth Doula to assist with comfort measures during the Royal labour and birth experience.**

This brilliant and beautiful course imparts the knowledge of birth preparation techniques such as calm focused breathing, how to achieve deep relaxation, visualisation skills using positive imagery, attitudes/expectancy and safe, natural strategies for reducing medical intervention to achieve a rewarding, easier, more comfortable stress-free birthing experience.

Under Julie's guidance women find the course information empowering emotionally as they gain the knowledge they need to boost their confidence on exactly how to respond smoothly and easily to the physical experience of labour and birth.

Upon completion of the course women will often say they really "get it now" as they have gained a whole new level of understanding about how their body is designed to go through the process of birthing their baby

quickly, easily, without stress; in a straight-forward natural way.



The special take home resources are given to you during session One which includes 12 relaxation mp3 Tracks featuring Julie's soothing gentle voice and the course book your own reference and continued

practice.

**What couples will gain from the new Mindful Hypnobirth Course:**

A genuine understanding of how the pregnant body works

Confidence in the normal process of Birth

Good clear knowledge of the 6 ways to reduce medical assistance

Partner's Role of Support Skills: massage, acupressure, and lots more

Research based safe, natural pain management techniques



The 2 day course version is the normal and most comprehensive in the MHB range of options. All the topics will be covered including time for group discussion, questions, video clips, experiential relaxation practice, Julie guiding you through each of her specially designed relaxation segments with her relaxing, calming voice.

The 1-day version is very tightly trimmed, slightly quicker delivery, still containing plenty of explanation of the topics and of course the favourite segments everyone enjoys of Julie's voice carrying you through the relaxation experience, easily, comfortably, joyously.

The evening course is flexible for start time; earlier or later is fine, bring your dinner, wear your ugh boots. The groups size is always small, finish time is flexible, and number of sessions is negotiable between 2 and 4. Julie is able to adapt the times to suit your needs.

A midwife who was pregnant and attending the courses recently with her partner remarked on the way Julie presents the information is looking at everything from the pregnant woman's perspective, what her needs are and how to meet them, then she went on to explain the hospital system class looks at everything from the hospital point of view and meeting the needs of the hospital system; not the woman.







*Julie conducts two types of courses,*

*"The New Mindful birth"*

*is the terrific one focused on breathing relaxation and visualisation the other wonderful course is the*

*"Transition into Parenthood" and is referred to as the birth and baby course. Both courses are very popular. The \$100 discount is automatically applied at the checkout on the website.*



Julie is a facilitator who is unique in her style and approach, these courses are totally different to any other courses, they are informative, reassuring, inclusive of partners, spontaneous with humour, uplifting, encouraging, inspiring, fascinating and empowering.

Many couples wisely choose to do both of the courses for the complete preparation package.



The atmosphere here at Julie's lovely home in Sylvania is relaxed, Julie has thought of everything to make this a wonderful, interesting learning experience, with participants kicking off shoes at the door, then entering a very comfortable classroom lounge to rest on purpose designed seating comfortable for pregnant women with generous cushions.



An assortment of delicious refreshments are readily available for you and the venue is air-conditioned; snug in winter, refreshing in summer.

Even the most reluctant partners find it welcoming, fun, interesting and easy to participate.

They feel very glad they turned up, leaving inspired!

The group size for each session is limited to allow for participation and interaction. The course venue is in Sylvania, a southern suburb of Sydney, just 20 mins south of the airport. Free parking is plentiful and very easy at the front of the premises and there are no steps to climb when you arrive.





Currently all the course dates listed for the next year on the website have places available, once a Course Session is Fully Booked it is Closed to any Further Bookings. Updates and changes occur daily.

If you need to bridge 2 courses you are allowed to book in and then send Julie a note in the notes section of the registration form saying you need to bridge 2 courses and let Julie know which date you want for session 1 and which one for session 2. It will be fine, she's accommodating and flexible.

Once you've selected the dates you prefer, you can either ring Julie 0401 265 530 with any questions – all dates for the next 12 months are listed on the website.

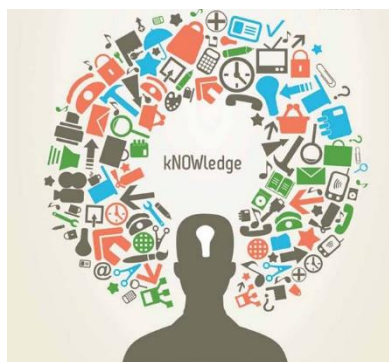




*Telephone Julie if you need to book in, in a hurry, or if it seems there is nothing before your due date to see if she can help at the "last minute" as she normally keeps a cancellation list, so if someone cancels you could replace them.*

If there is ever a time in your life when you need the right information available to assist you in decision making, guidance towards the healthy and safe path, along with true emotional nourishment to sustain you into the future changes it is during your pregnancy.

It's important to note there is no doubling up with the information in the two different courses as they are coming at different angles covering aspects in a way that fits together like puzzle pieces. Both courses will give you the full picture.



Think about this for a moment:  
The ideal option is 2 days for the TiP and 2 days for the MHB.  
Out of 266 days of a normal length pregnancy spending just 4 of them preparing for the most significant experience of your life is a time bargain isn't it?

Only got time to do one course?

It's fine and will be a massive benefit for you both, no matter which version you select. Trust your intuition to choose what will work best for you and your partner.

Why is there two courses?

It's all too much to

squeeze into one





course, you'd be overwhelmed and there simply isn't enough time to cover everything.

Can we do just a couple of hours with you individually and get it fast?

Yes we can attempt it but it would be like blending a main meal with an entrée or dessert and making a smoothie, drinking it down and expecting it to be like... well you get the idea don't you?

Transition into Parenthood is the main course platter and the new Mindful Hypnobirth is the delicious dessert or entrée.

You'll enjoy the bundle discount when booking both courses.

Julie is unique in her style and approach, these courses are totally different to any other antenatal courses for pregnant couples, they are refreshingly rich with smart strategies for overcoming difficulties in labour, informative, reassuring, fully inclusive of partners, inspiring, fascinating and empowering.

A point of difference between these courses for pregnant couples and all the other prenatal classes is the real connection Julie creates with each person, in her soft, gentle, respectful way she is able to pull back the curtain of fear, discomfort, awkwardness to reveal a refreshingly, uplifting, wholesome, fascinating, awe-inspiring, logical, well-rounded, holistic, explanation of the whole journey of birth.



Each mother and father-to-be who attends is enabled in their own personal journey towards parenthood to be positive, to thrive, to enjoy the experience, to revel

in the thrill, exhilaration of this peak moment in their lives to go on to fulfil their dream of creating a very positive future as an effective high functioning, loving, family for themselves and their children.



Another point of difference between these antenatal courses and any other courses is attendees freely and happily kick off their shoes at the door, enter a relaxed loungeroom style class room, to chill out in air-con comfort, eat, drink and be merry all day long without having to wait for breaks.



This is *so not school* – this is adult education and you are free to look after your own needs easily and comfortably all day; grab another hot cuppa anytime you feel like it, or a chilled organic juice, dip into the huge bowl of Minties, enjoy another Tim Tam whenever you want.

Morning tea and fun lunch breaks are in the pretty garden featuring the big wooden table and seating positioned under the graceful peppercorn tree surrounded by quirky garden art, flowers, ferns, fresh air and sunshine.



Julie is a fully trained facilitator, childbirth and parenting educator and a Mindful Hypnobirth specialist, with **over 30 years' experience**, conducting courses in Sylvania, near Cronulla, south of Sydney.

*Pregnant couples are attracted to Julie's courses for her advanced knowledge of Active Birth and her warm, friendly, gentle, easy-going approach. Julie's style of presenting the information is down-to-earth, balanced, level headed, rational, logical, positive and encouraging approach.*



The next point of difference here is the benefit of attendees being able to contact Julie directly to discuss options, solutions to problems, get a better perspective on situations.

All attendees have become familiar with Julie's insights and they know they can talk with her in confidence, they can trust her, they've gotten to know her and she's gotten to know them and understands where they are coming from and their individual needs. This is a unique personalised service.

In fact, couples who attended 20 and 30 years ago are sending their adult children along when they get pregnant because Julie is familiar

with the family history.

The **comfortable course venue**, Julie's home, is in Sylvania, a tranquil leafy southern suburb of Sydney, just 20 minutes' drive south of the airport.

Julie has recently refurbished her lovely class lounge room making it even more comfortable, and she has completely updated and revised her extensive course notes provided to participants.

Julie provides a premium level Doula birth support and baby care support exclusively for the couples who attend her courses.  
View the website for the details.

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**Had a baby before?**

**Is this your 2<sup>nd</sup> or  
subsequent baby?**

## **Refresher Information**

Already experienced but want to update, refresh, start over anew and receive meaningful nurturing information during your pregnancy?

Your needs will probably differ a little from those having their first baby and may find a fast refresh is ideal to help them to refocus and prepare for this baby as a couple.

What is the recommended format for a refresher? Choose from the following options to suit your needs:

Transition into Parenthood – one day super condensed workshop – birth and baby care course in one day – especially if you have already done the full course previously

Transition into Parenthood – two session course – birth and baby care course in 2 days – for those wanting a thorough refresh of information or for mothers with a new partner who has not been a father before

The new Mindful Hypnobirth course – for those who have already completed a previous breath awareness birth course with Julie in a previous pregnancy... day two of the new Mindful Hypnobirth course is an ideal way to refresh all the information and practice...

The New Mindful Hypnobirth course – over two days is a terrific way to refresh for those who have had a baby before and would like to gain more techniques for creating a positive birth experience this time



## To help you make the right choice to suit your requirements

### check these scenarios below:

***We have had a baby before although he was premature and we missed out on going to any classes, so we didn't really get to prepare at all – which options would be best for us?***

Julie recommends the 2 session TiP course and the 2 day the new Mindful Hypnobirth course as the ideal preparation for you both this time.

***Julie's courses 2 years ago and loved it. We felt very prepared and want to feel that way again, which are the best and quickest options for us?***

Julie recommends the one day TiP birth and baby workshop and day 2 of the new Mindful Hypnobirth course.

***Our first child is 5 years old and now we are wanting to prepare anew for this baby, we have noticed lots of things have changed, which options would be best for us?***

Julie recommends the 2 session TiP course and the 2 day new Mindful Hypnobirth course as the ideal preparation for you both this time.





**#School mums:** the new Mindful Hypnobirth course is available during the weekday during school hours to enable you to attend easily. If you have not done a breath awareness/relaxation birth course before then attendance at both days is the normal course, however if you have done the new Mindful Hypnobirth course with Julie previously you are most welcome to attend just session two as a refresher.

