

Thank you so much for your support during my pregnancy. Your advice was invaluable in enabling me to have my much longed for home birth. There seemed to be a lot of hurdles but I now have a stronger belief in my own determination and ability to achieve whatever I set my mind to. S's birth was such a positive experience. He was relaxed throughout and continues to be a chilled out, happy soul.

I'm incredibly grateful to you for your knowledge, support and willingness to help. I would recommend Natal Hypnotherapy and the Relaxation Hour to anyone.

Warmest wishes

Lauren