



## BOOKING FORM FOR HYPNOBIRTHING GROUP CLASSES

Name:

Partner's name:

Address:

Telephone: Home:

Mobile:

Email:

Baby due:

How did you hear about us? If "internet", what did you search for?

**Please mark X next to the course you would like to attend: (Z) run by Zana Parker, (B) run by Barbara Wyant**

2-day Hypnobirthing Course 2019	Whole 2-day course	Day 1 only
Fri 18 January & Sat 19 January (B)		
Sat 9 February & Sat 16 February (Z)		
Fri 15 March & Sat 16 March (B)		
Fri 12 April & Sat 13 April (Z)		
Fri 17 May & Sat 18 May (B)		
Sat 8 June & Sat 15 June (Z)		
Fri 19 July & Sat 20 July (B)		
Fri 16 August & Sat 17 August (Z)		
Fri 20 September & Sat 21 September (B)		
Sat 19 October & Sat 26 October (Z)		

Our preferred method of payment is via electronic bank transfer and we will email you the details.

I would like to book the course on the dates marked X above. I understand that the course fee is £248 for the full 2-day course. (£148 for just day one.) I agree to make payment online as soon as I receive payment details. I have read and accept the terms and conditions of the cancellation policy on page 3.

Signed ..... Date .....

GDPR: I agree for you to keep my contact information and any personal/sensitive data I supply for the purposes of administering the course and record-keeping, as described at the foot of page 3. I understand that my data will only be seen by Zana/Barbara and will not be shared with anyone else without my consent.

Signed ..... Date .....

**Please email or post your completed booking form to the practitioner running your course**

Barbara Wyant, The Old Quarry, Doctors Hill, Sherfield English, Romsey, SO51 6JX (barbara4c@yahoo.com)

Zana Parker, 43 The Drive, Hounslow, Southampton, SO40 9EP (info@BirthingWithConfidence.co.uk)



## BOOKING FORM FOR PRIVATE ONE-TO-ONE HYPNOBIRTHING CLASS(ES)

Name:

Partner's name:

Address:

Telephone: Home:

Mobile:

Email:

Baby due:

How did you hear about us? If "internet", what did you search for?

Please discuss dates, times & venue with your chosen practitioner – Zana or Barbara - and then complete the details below. We can offer courses privately Monday to Friday, daytimes or we may be able to split a day over two evenings, depending on availability.

Class details	
<b>Natural Pain Relief</b>	<b>Practical Birth Preparation</b>
Date:	Date:
Time:	Time:
Booked with: Barbara / Zana	Booked with: Barbara / Zana
To be held at:	To be held at:

Our preferred method of payment is via electronic bank transfer and we can email you the details.

I would like to book the 1-1 session(s) at the date and time above. I understand that the fee is £250 per day. I agree to make payment as soon as I receive bank transfer details. I have read and accept the terms and conditions of the cancellation policy on page 3.

Signed ..... Date .....

I agree for you to keep my contact information and any personal/sensitive data I supply for the purposes of administering the course and record-keeping, as described at the foot of page 3. I understand that my data will only be seen by Zana/Barbara and will not be shared with anyone else without my consent.

Signed ..... Date .....

**Please email/post your completed booking form to the practitioner running your course:**

Zana Parker, 43 The Drive, Hounslow, Southamton, SO40 9EP (zana.banana1@virginmedia.com)

Barbara Wyant, The Old Quarry, Doctors Hill, Sherfield English, Romsey, SO51 6JX (barbara4c@yahoo.com)



## Terms and Conditions and Cancellation Policy for Birthing with Confidence Courses Run By Natal Hypnotherapy Licensed Practitioners Zana Parker and Barbara Wyant

A two-day hypnobirthing course with Birthing with Confidence costs £248 for a pregnant woman with/without her birth partner. (We are sorry but a pregnant friend counts as a separate attendee and she will need to book and pay in her own right.)

The cost for booking just one of the group dates is £148.

Private one-to-one courses are offered Monday to Friday subject to availability. A private course provided on a one-to-one basis costs £250 per day for a pregnant woman with/without her birth partner. If the day is held at the Client's home travel up to 10 miles each way from the Practitioner's home is included. If the journey to/from the Practitioner's home to the Client's home is over 10 miles each way the Practitioner will charge 45p per mile for the additional mileage over 10 miles each way. An alternative venue may be agreed between the Practitioner and the Clients. If the alternative venue for a one-to-one class incurs a hire charge this is payable in full by the Clients before the class takes place. If you and a pregnant friend, with birth partners, would like to take the course privately in one of your homes we are happy to offer a generous discount per couple on the private one-to-one day rate. Please enquire.

Course fees, along with any additional mileage charge and venue hire charge if applicable for 1-1 sessions, should be paid in full at time of booking please. If you need to spread the cost of the course and pay in two instalments please talk to us.

If a group or private course is booked and subsequently cancelled in writing or by email by the Client refunds will be supplied as follows:

42+ calendar days before the course begins: 75% refund

32-41 calendar days: 50%

22-31 calendar days: 25%

21 calendar days or less or "no show": 0%

In the event of a very premature birth or personal tragedy requests for a refund will be considered on an individual basis. An administration charge may be made. If you book a course that starts within 3 weeks of your due date then no refunds will be made if your baby arrives before the course.

Group courses will be held at the New Forest Wellness Centre in Sherfield English. Your Practitioner will confirm venue details and send directions along with information about what to bring, etc, a few days prior to the course. Each day runs from 10am to 5.30/6pm. Your Practitioner will confirm times with you.

Your first downloadable track will be available as soon as the course fee has been paid in full so that you can experience the benefits straight away. Your course book and remaining 3 downloads will be available at your first session.

In the rare event of your Practitioner being taken ill or being otherwise unable to run your course we shall endeavour to work with you to find the best solution: alternative dates might be offered, or a replacement qualified Practitioner will be found, or you will receive a full refund.

**How we use your data:** We need to collect personal and sensitive data about you in order to respond to your enquiry, provide appropriate information, process your booking and run your course effectively. If you are booking course dates with both Zana and Barbara we may share your data between us to ensure seamless working with the aim of providing our best service to you. Your data will be stored by your practitioner on a combination of mobile phone, email, PC and/or on paper for up to 6 years for insurance and personal accounting purposes. It will not be shared with 3rd parties without your permission except in rare emergency.



## **Meet your local hypnobirthing practitioners!**

*You can read more about our qualifications and experience on our website*

Barbara began practising as an NCT Antenatal Teacher in 2000 and is an experienced hypnobirthing practitioner, qualified in RCM accredited Hypnosis for Childbirth. She runs a homebirth group through social media and local meetings. Barbara is also a clinical hypnotherapist, a member of the General Hypnotherapy Register and registered with the CNHC. She uses hypnotherapy and NLP techniques to help clients overcome fears, anxieties and unwanted habits which may or may not relate to maternity, eg: fear of needles, anxiety about flying, quitting smoking, etc. Barbara is a former midwife and is keen to promote the benefits of hypnotherapy for health professionals themselves as well as the women in their care.

**Barbara4c@yahoo.com**

**07948 686 891**

**[www.facebook.com/RomseyRelax](http://www.facebook.com/RomseyRelax)**



Barbara and Zana

Zana has over 20 years experience as a professionally qualified birth education expert. She is an experienced hypnobirthing practitioner, qualified in RCM accredited Hypnosis for Childbirth. She is an NCT “Excellent Practitioner” Antenatal Teacher and a qualified and accredited Counsellor working in private practice. She has provided training for student midwives and hypnobirthing student practitioners. Zana is passionate about helping parents plan and prepare for the best possible birth experience, regardless of where and how their babies are born. She provides courses, 1-off classes and tailored services for groups, couples and individuals. In her counselling practice she works 1-1 with women and men, helping with a diverse range of issues and specialising in those relating to pregnancy, birth and parenting.

**[info@birthingwithconfidence.co.uk](mailto:info@birthingwithconfidence.co.uk)**

**07905 658 386**

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