

Hypnobirthing with Tonya Berry



You and your partner deserve special care as you embark on this exciting and unique journey with positive anticipation and confidence. Soundly based on anatomy, physiology and psychology; hypnobirthing teaches you and your birthing partner all the vital skills required to ensure that you have the best birthing experience possible.

You will learn to release the fear and tension surrounding birth and visualisation techniques to keep you positive and deeply relaxed throughout birth. Tonya is a hypnobirthing practitioner with The KG Method of Hypnobirthing accredited by Royal College of Midwives in the UK.

Prior registration and payment are required
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