



PROVIDED BY JADE THE DOULA! LLC

## WHY HELLOBIRTH?

If you're looking for birth education that is:

- Compassionate and affirming
- Built with accessibility in mind
- Simple and easy to learn and digest
- Inclusive, comprehensive, and non-judgmental of the variety of journeys and experiences..

*...then HelloBirth® Hypnobirthing is for you!*



## HelloBirth® Hypnobirthing: Modern Hypnobirthing for Every Journey

With HelloBirth® Hypnobirthing you'll learn how to harness the power of relaxation, visualization, and self-hypnosis for a positive and transformative birth experience. This program is designed to help you tap into your innate power and embrace your birthing experience with confidence through engaging, relatable, and interactive learning and a supportive and welcoming community. Through this birth prep experience you'll be left with the most useful information and simple steps to practice hypnobirthing techniques that get results without complicated instructions or information overload.

ALL CLASSES HELD AT  
FLYING BUDDHA STUDIO!

## June/July Class Schedule

**Sundays, 3:30pm- 5:30pm**  
**15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, 6<sup>th</sup>, and 13<sup>th</sup>**

### To Register:

1. [Click Here](#)
2. Navigate to "Workshops"
3. Scroll down to HelloBirth
4. Create a Mindbody Account



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JADE\_THEDOULA

## REGISTRATION INCLUDES: 5, 2 HOUR SESSIONS+ 1 ELEARNING MODULE

### WEEK 1: HELLOBELLY

Learn strategies for self-care in a time of change including emotional awareness, preparation, physical comfort, nutrition, prenatal fitness, belly mapping and baby movements, relaxation techniques, and creating your birth team.

### WEEK 2 : HELLOPTIONS

Understand and choose your birth priorities while learning about common interventions, unexpected changes and decision making, VBACs, planned cesareans, immediate postpartum expectations, and deep relaxation techniques.

### WEEKS 3 & 4: HELLOLABOR

Bring it all together! Discover the lead up to and stages and phases of labor, ideas for long labors, comfort measures, movement and breathing, partner support, and baby's "Golden Hour."

### WEEK 5: HELLOBABY

Caring for yourself and your baby in the 4th trimester including transitions and adjustments in the first 6 weeks, baby's first days, newborn care, feeding, sleeping, and more! Plus, an interactive birth rehearsal!



**HelloBirth**  
Hypnobirthing

## SUPPORT RESOURCES

### HELLOBIRTH APP

Our premier tool guides your class experience with a Digital Guide and a Digital Journal. Plus, listen to your HelloBirth® Hypnobirthing technique mp3s and 14 exclusive, expert written tracks for labor, birth, and postpartum.

### HELLOBIRTH GUIDEBOOK

This is a printed book that contains scripts and tips. and will be provided to you at the beginning of the series. Have it handy for practice times and tuck it in your birth bag for the Big Day!

### DIGITAL CLASS GUIDES

You will receive these by email. If there are resources (links to healthy and satisfying recipes, great bodyworkers, and fascinating podcasts) you would like to share, please add them! Opt-in to the contact list to connect with your classmates outside of class.

### COMMUNITY & RESOURCES

In addition to these resources you'll be tapped into a supportive parent community and receive access to a robust community referral guide.



### ***Q: Should my partner come, too?***

**A:** Ideally, yes and registration includes attendance for the birthing person and a partner or support person. Partners play an integral role in the birth of a child. In this class, partners will learn stress management techniques that can help the birthing person enjoy a calm, comfortable birth as well as advocacy strategies to help meet the family's birthing preferences. Not always is the birthing person's partner the baby's biological father. We lovingly welcome, support, and include all families, including surrogate families, single parents, LGBTQIA+ families, and separated parents who may join together or individually.

### ***Q: How long is the class? When should I take the class?***

**A:** Class will meet in-person for 2 hours every week for 5 weeks. With a break built in half-way through, this is the perfect amount of time to soak in all the wonderful information you'll be learning! You can register for the series at any point in time but we recommend starting between 26-30 weeks

### ***Q: Who is the instructor?***

**A:** Jade Hillery (aka Jade The Doula)! She has a background in reproductive and sexual health education, facilitation, and public health programming that spans 14+ years. She blends that with her 8 years of experience as a doula, birth educator, and sensual movement facilitator to create intentional and supportive learning spaces to help people tap into their power during their journey.

### ***Q: What if I miss a class?***

**A:** Each class is packed with information and instruction in essential techniques for an easy, comfortable birthing. It is each family's responsibility to ensure that they attend class regularly. However, we understand that is not always possible due to work demands, travel schedules, unexpected illnesses, etc. If you know in advance that you will miss a scheduled class, you may ask the instructor to record the class at no cost, or view a pre-recorded video review of the content for that session at no cost.

### ***Q: Can I get my tuition reimbursed by my insurance provider?***

**A:** Many insurance providers cover comprehensive childbirth services so you may be able to claim a full or partial refund, depending on your coverage plan details. At the end of your class, send a request for a certificate of completion and an itemized receipt of payment to [jadeisthedoula@gmail.com](mailto:jadeisthedoula@gmail.com).

### ***Q: What do I need to do to prepare for class and is there homework?***

**A:** Prior to the start of the series you'll receive your Class Navigator which has several pages offering suggestions for how to prepare for class each week and information about how to access the HelloBirth app.

Full commitment to hypnobirthing means setting aside time for learning, to practice the techniques, and to be mindful of your thoughts and energies towards your upcoming birth. You should expect to spend about 30 minutes each day practicing and reviewing class materials and building your "resilience bank account."