



Of Special Interest

There are only a couple of openings still available in our upcoming HypnoBirthing Group Class!

Classes will be held on Wednesday evenings – January 9, 16, 23, 30, from 7-9:30pm in Hermosa Beach

To register: fill out the registration form on our website.



HypnoBirthing

HypnoBirthing is a unique method of relaxed, natural childbirth education, enhanced by self-hypnosis techniques.

HypnoBirthing provides the missing link that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing. Emphasis is placed on pregnancy and childbirth, as well as on pre-birth parenting and the consciousness of the pre-born baby.

HypnoBirthing is a simple, straightforward program, thoughtfully developed over the years to remind mothers of the simplicity of birth itself.

Just as the majority of birthing women do not need interventions and procedures for safe and healthy birth, they do not need a complex set of exercises and scripts to prepare themselves for peaceful, calm and comfortable birthing. The birthing body and

the baby know just what to do.

HypnoBirthing is designed to teach women to trust in nature's way of birth and to relax and let their bodies do what is needed.

LA Birth Bliss teaches HypnoBirthing in both group classes and private sessions.

Our website has more information on HypnoBirthing and how to register.

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Upcoming HypnoBirthing Group Sessions

2013 Schedule

- January 9, 16, 23, 30
- May 8, 15, 22, 29
- August 7, 14, 21, 28
- October 2, 9, 16, 23

All classes are currently scheduled on Wednesdays from 7-9:30pm. If you prefer a different day/time, please contact LA Birth Bliss to determine availability. Private sessions are also available.

Information for group and private session registration can be found on our website at www.LABirthBliss.com



Our website has more comprehensive information on Pre Conception Hypnosis, HypnoBirthing, and our other services.
www.LABirthBliss.com

Pre Conception Hypnosis

Hypnosis is becoming one of the most sought after therapies for couples experiencing fertility issues.

Hypnotherapy has been found effective compared to other types of therapies in general settings.

Statistics show:

- Psychoanalysis: 38% of clients reported recovery from their conditions after 600 sessions.
- Behavioral Therapy: 72% of clients reported recovery from their conditions after 22 sessions.
- Hypnotherapy: 93% of clients reported success after just 6 sessions!

When going through a highly difficult experience such as infertility, negative thoughts, doubt, and fear can run rampant in your mind. Harnessing your energy in a positive way with pre conception hypnosis can change your inner soundtrack from bleak and fearful thoughts to positive affirming feelings.

This change in energy has the ability to transform your body chemistry, making your body more receptive to naturally getting pregnant or undergoing other medical fertility treatments.

Pre conception hypnosis is safe and drug free. It is a perfect accompaniment to those undergoing medical fertility treatments.

Despite the great strides in medical advances related to treating infertility, statistics shows that the success rate of In Vitro Fertilization (IVF) and other treatments is approximately 20%.

Pre conception hypnosis has the ability to significantly boost the success rate of IVF.

Please visit the LA Birth Bliss website for more information or to schedule a consultation.

What to Expect During Pre Conception Hypnosis

The pre conception hypnosis program typically consists of between 4-10 sessions. Six sessions is the average, since statistics show that hypnotherapy is most effective at that point. The initial consultation is typically 1-2 hours long. During this meeting, we discuss your history as it relates to attempts to become pregnant so that improvement areas can

be identified. Based on the information gathered, a customized pre conception hypnosis program is designed for you.

Pre conception hypnosis can be used as a standalone program for those wishing to conceive naturally or it can be used in conjunction with medical fertility treatments.

When a client is planning to undergo IVF, the pre conception hypnosis typically begins one month prior to the start of IVF treatment.

If you have already begun a medical fertility treatment, pre conception hypnosis may still be effective in boosting the effectiveness of the medical procedure.

Creating a Birth Plan

A Birth Plan is a documented description of your preferences during labor, delivery, and after your baby is born.

Creating a Birth Plan is a process that helps you to identify how you envision your birth unfolding.

As a mother-to-be, you have many birthing choices available to you, including, type of medical care provider, location to deliver, whether to use a

doula, type of childbirth method you may use, pain relief options, type of fetal monitoring, and numerous newborn care procedures to consider.

Creating a Birth Plan is not a guarantee that your birth will occur exactly as specified, but it gives you, your birthing companion, and your medical care providers information on your preferences and how to best care for you and your baby during labor,

delivery and after care. Without a Birth Plan, your medical care provider may make choices for you that are not consistent with your wishes.

LA Birth Bliss can help you craft your personalized Birth Plan, to help you envision the birth you desire.

See our website or contact LA Birth Bliss for more details.



"No language can express the power, and beauty, and heroism, and majesty of a mother's love."

Edwin Hubbell Chapin

A Doula in Your Corner

Doula is defined as "woman's servant".

A birth doula is a person who has attended numerous childbirths and has a wide set of techniques to help the birthing mother feel more comfortable, safe and secure during labor and delivery.

A doula does not replace your medical care provider; rather she is a

reassuring voice in your corner. Her deep knowledge of the process of birth will keep you feeling confident that your birthing is unfolding as nature intended.

Doulas have varying skills; some can perform massage, yoga positions, and suggest various breathing techniques.

In addition to birth doulas, there are also

post partum doulas. Post partum doulas can assist new parents after birth. Newborn baby care, mother support, and breastfeeding assistance are some of the areas that post partum doulas get involved with.

The DONA organization can help you to locate doulas in your area.

www.dona.org

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*Assisting couples on their
journey toward parenthood.*

About I.a. birth bliss + Johanna Nagel-Kim

Johanna grew up in Seattle and left the Pacific Northwest after graduating from Business School at the University of Washington.

She spent 12 years working in business consulting; helping companies solve strategic and technical issues in US, Europe, and Australia.

Johanna has permanently lived in the sunny South Bay since 2005.

During 2008, Johanna began her exploration into HypnoBirthing when she

became pregnant with her first child. She sought to learn all about birthing choices, especially births with none or fewer medical interventions.

Johanna's two daughters were both born in what can only be described as amazing HypnoBirths (in 2009 and 2011).

Her interest for helping others learn about their birth options, and teaching about the joy of a peaceful birth, has become a true passion.

Johanna is trained in HypnoBirthing, hypnosis, and childbirth education.

Johanna assists couples on their journey towards parenthood by delivering pre-conception Hypnosis sessions and HypnoBirthing courses. Group and private sessions are delivered in the greater Los Angeles area.



Johanna Nagel-Kim
of I.a. birth bliss