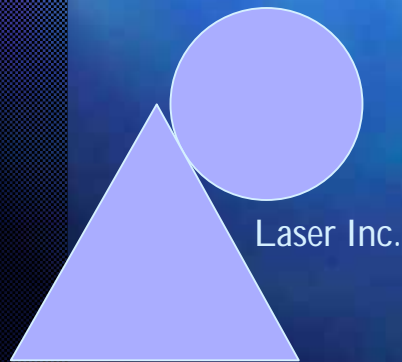


Childbirth in Comfort

Experience labor and delivery as if you were on your favorite vacation, resting during contractions. You can imagine yourself in a place of comfort, safety and serenity. Imagining techniques and self hypnosis training will help you to achieve this goal. Utilizing hypnobirthing you will be able to follow directions and fully cooperate with the medical staff. Contractions can feel like pressure and warmth. Look forward to the birth of your baby with confidence and assurance.

With your doctor's or midwife's referral, we can begin to prepare for one of the greatest events of your life. Call to schedule training – four group or private sessions required.



Laser Inc.

Sincerely,
Eleanor D. Laser Ph.D.

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