**Why Come to a Hypnobirthing Taster Session?**

**By Sharon The Doula – Supporting Birth for Over 18 Years**

If you're expecting a baby and exploring your options for antenatal education, you may have heard of Hypnobirthing—but what is it really? And is it for you?

That’s exactly what my **No Mumbo Birth Prep Hypnobirthing Taster Session** is designed to help you discover.

**What Is a Taster Session?**

A taster session is a relaxed, informal opportunity to dip your toes into Hypnobirthing without committing to a full course. It’s a chance to meet me, ask questions, and get a feel for how Hypnobirthing can support your birth experience.

**Why Attend?**

* **No Pressure, No Commitment:** A welcoming space to explore what Hypnobirthing is and how it works.
* **Meet Your Instructor:** I’m Sharon, a practising doula with over 18 years of experience supporting families through pregnancy, birth, and beyond.
* **Understand the Basics:** Learn how Hypnobirthing works and why so many parents find it empowering.
* **Ask Anything:** Whether you’re curious, unsure, or even a bit sceptical, this is your space to ask questions and get real answers.
* **Experience a Guided Relaxation:** End the session with a calming relaxation exercise.
* **Affordable & Risk-Free:** The session costs just £10, and if you decide to book a full course, that fee comes off the price.