

HYPNOBIRTHING TECHNIQUES



Techniques for Pregnancy:

- Visualization
- Pregnancy & Birth Affirmations
- Relaxation
- Deep Breathing
- Self Hypnosis
- Mindfulness

All these techniques can be practiced
from inside our Hypnobirthing app.

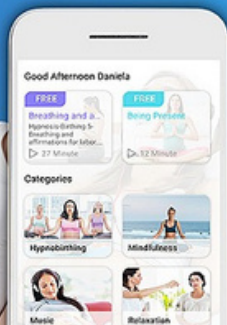
Download click below:
iOS: Hypnobirthing app
Android : Hypnobirthing app



Hypnobirthing App for Pregnant Woman

Meditations for Pregnant Women

to help them relax
during pregnancy and birth



<https://mindtastik.com/best-hypnobirthing-apps/>