NEST TO NURTURE

HypnoBirthing™ Birth Education

HypnoBirthing®
The Mongan Method

www.nesttonurture.com.au

Hello there!

I'm so glad you're here!
Congratulations on your pregnancy. This is such an exciting time, and I'm so glad you're exploring HypnoBirthing™ as a way to support you through your birth journey.

My name is Imogen. I'm a HypnoBirthing™ educator, doula, and a mum of three. I first discovered hypnobirthing in my own pregnancies and experienced just how powerful it can be to feel calm, supported, and connected to your birth. Through this course, you and your partner will build the confidence to understand your options, advocate for your birth choices, and feel calm, informed, and supported as you prepare to meet your baby.

I can't wait to work with you.

Imogen x

Founder Nest to Nurture

Your HypnoBirthing™ Experience

Course structure

- 5 x 2.5 hour HypnoBirthing™ birth education sessions
- Private in-home/ online or small group setting
- The original and only evidence-based HypnoBirthing method

What You Will Gain

- A clear understanding of how your body is designed to birth
- Tools to stay calm, relaxed, and in control during labour
- Confidence to make informed decisions and communicate your choices
- A supportive, connected role for your birth partner
- A deep trust in your body, your baby, and your birth

What You Will Learn

- Understanding of how your body works in labour
- The mid-body connection and creating a calm birth environment
- Practical HypnoBirthing™ techniques for labour and birth
- The role of your birth partner and how they can support you
- Preparing for different birth pathways
- Early postpartum care and breastfeeding foundations for a positive breastfeeding journey.

Your Investment

This is an investment in how you experience your birth, and how you feel as you meet your baby.
I offer a small number of course options to suit different needs, whether you're looking for a private, in-home experience or a more flexible or shared approach. Each class includes HypnoBirthing Book and Rainbow MP3 plus a parent handout spiral, as well as weekly educational emails to help you solidify your knowledge.

IN-PERSON PRIVATE CLASS

- Classes in the comfort of your own home, in a relaxed, familiar environment.
- Personalised one-to-one support tailored to your unique pregnancy journey.
- Dedicated time for you and your partner to ask questions and feel fully supported.

Your Investment
$1295

SMALL GROUP CLASS

- Intimate group classes where you can learn alongside other couples in a supportive group setting.
- Opportunity to share experiences and make connections.
- An accessible option while still receiving comprehensive birth education.

Your Investment
$750

ONLINE PRIVATE CLASS

- Flexible scheduling to fit around your life and commitments.
- A calm and connected experience, wherever you are.
- Personalised support, delivered in the comfort of your own home.

Your Investment
$995

Next Steps

01 ATTEND AN UPCOMING INFORMATION SESSION

Our information sessions are held once a month online and are great way to learn more about HypnoBirthing and how the course works.

02 CHOOSE YOUR COURSE OPTION

Choose which course option is right for you and your birthing partner.

03 SECURE YOUR PLACE

Secure your place with a $100 (non-refundable) deposit through our website and we will book in a time that suits you.

The earlier you start the course, the better, as it gives you more time to practice. We recommend starting the course from 20 to 34 weeks pregnant.

All bookings can be made on the Nest to Nurture website. Places are limited each month to ensure each family receives the time and support they need.

LETS GET STARTED

COMMUNICATION

CONTACT DETAILS

nesttonurture@hotmail.com

WEBSITE

All bookings can be made at www.nesttonurture.com.au

SOCIAL MEDIA

Connect and follow us at @nesttonurture.au