Hypnobirthing can help you give birth naturally, without any medicines or medical intervention. Learn about hypnobirthing from our trained midwives, and the techniques which can help you have a relaxed pregnancy and birth. Due to the increase in the popularity of hypnobirthing, several midwives working in a variety of areas in The Rotunda Private are trained in hypnobirthing.

We now offer couples a four week course in hypnobirthing. The aim of the course is to give couples more tools to use during labour and birth so that they have an enjoyable birth experience – a calm, comfortable and in-control birth.

The course is covered over four Tuesdays and the class runs from 5.30 pm – 8.30 pm with a break at about 7.00 pm with refreshments provided. The class covers how the body gives birth and how relaxation can assist it. The role of the partner is covered extensively and massage, relaxation tools, a variety of ‘scripts’ and birth preferences are also covered. A book and an audio book (MP3) are available to go with the course. A labour ward tour is done in class three and in class four a couple who have used hypnobirthing recently come in to share their story.

Venue: The Rotunda Hospital, School of Midwifery
Day & Time: Tuesdays 5.30pm - 8.30 pm
Booking is essential: Call 087 661 9233
Cost: €250