

## Complete the information request form below to register by post

Name:

Occupation:

Highest Education:

Partner's name:

Phone number:

Email:

Address:

City:

Province:

Postal Code:

Baby's due date:

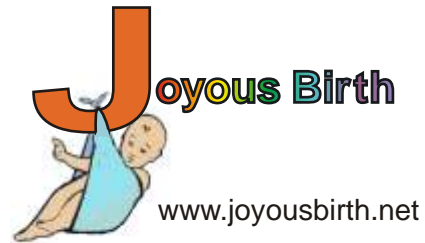
Attending hospital:

Attending doctor/midwife:

A comprehensive guide for mothers and birth companions using techniques for ensuring a safe and satisfying joyous birth through reprogramming the mind, guided imagery, self-hypnosis and prenatal yoga.

Your baby assists you in the birth process, after developing at peak efficiency in an optimal environment.

This holistic program enlists your physical, mental, emotional and spiritual reserves to provide you with an enlightening and relaxed childbirth.



The Joyous Birth Institute

13216, 96 Ave  
Surrey, BC  
V3V1Y4  
Canada

Phone: 604 5890022

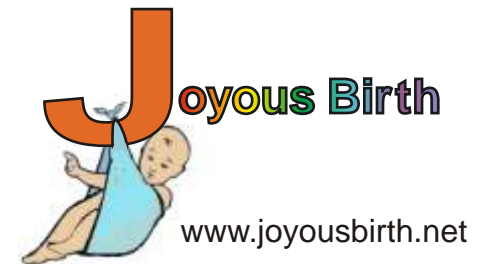
Website: [www.joyousbirth.net](http://www.joyousbirth.net)

E-mail: [teacher@joyousbirth.net](mailto:teacher@joyousbirth.net)

## The Joyous Birth Experience

Bringing joy into the world one baby at a time

Prenatal Joyous Birth  
playsshops for a relaxed  
and natural childbirth



Tel: 604 589 0022

Website: [www.joyousbirth.net](http://www.joyousbirth.net)

E-mail: [teacher@joyousbirth.net](mailto:teacher@joyousbirth.net)

# About the Joyous Birth playshops

## Who are the Joyous Birth playshops for?

The pregnant woman and her partner/support person

## When do you attend?

Register in your 6th or 7th month for 4 sessions of 3 hours each.



## Who teaches the playshops?

Gurjeet S Minhas, certified hypnotherapist, acupressure therapist, Reiki Master with a Masters degree in

maternity nursing and a passion for pain relief leads the playshops, using methods of accelerated learning.

## Why should You attend?

Because you

- prefer to go the natural way without drugs
- are scared of the big day/have experienced a previous difficult birth
- want to train yourself to be totally relaxed and in complete harmony with your baby
- wish to have a joyous birth experience.

## What will you learn?

You will learn to explode the myth that pain accompanies labour through:

- fear identification and release
- self hypnosis and mind power techniques
- prenatal yoga
- making your baby your partner in joyous birth

You will also learn about your partner's supportive role and much, much more

## What are the costs?

\$325 per couple.

## The Joyous Birth Experience

You may register by post by completing the form overleaf and posting it to:

Joyous Birth Institute  
13216, 96 Avenue  
Surrey, BC  
V3V1Y4  
Canada.

OR

Email the details requested in the form overleaf to [teacher@joyousbirth.net](mailto:teacher@joyousbirth.net)

OR

Phone in your details on the number:  
604 589 0022

OR

Go to the web site: [www.joyousbirth.net](http://www.joyousbirth.net)  
And fill the registration form online

