

Now you too can have a
**Healthy Pregnancy and an
Easy Drug-Free Childbirth!**

Testimonials

"I was extremely afraid of the pain anticipated during my labour... I came across Gurjeet's great wisdom and wealth of knowledge on the 'Joyous Birth'. Next time, I intend on resorting to 'Joyous Birth' methodologies again."

Janice Gill, Surrey BC

"Being a registered nurse on the birthing unit, I had thought I knew it all. But I was mistaken. The joyous birth preparation helped me breeze through my labour and I had no tearing either! Every mom to be should attend the playshops, I highly recommend them."

Pav Dhaliwal, Delta BC

"Gurjeet's Joyous Birth Playshop helped me to relax and prepare for what was ahead. I really enjoyed learning about my inner strengths and appreciated the breathing techniques she had to offer."

Rachel Hunter, White Rock BC

**Bringing joy into the world
one baby at a time!**

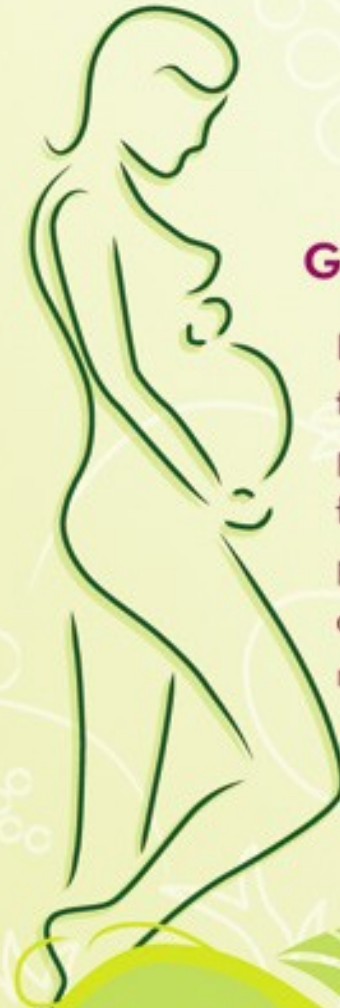


Gurjeet S. Minhas RN (MSN) from India & Australia, Nurse Educator with 34 years of nursing experience in India, Australia, New Zealand & Canada. She is also a certified Hypnotherapist who shares her expertise to prepare you for an amazing childbirth experience.

604-726-6043

www.joyousbirth.net

Anxious about
Child Birth?

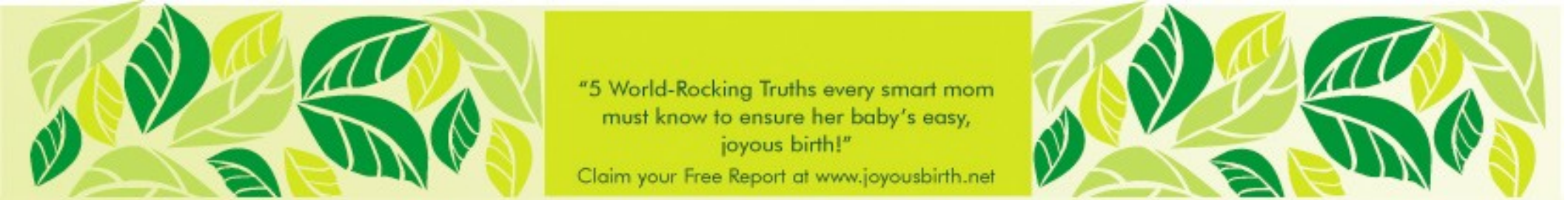


Get to know

How YOU can take control and prepare yourself for a healthy pregnancy and an easy, natural birth!

Joyous Birth

Healthy Pregnancy, Easy Birth



"5 World-Rocking Truths every smart mom must know to ensure her baby's easy, joyous birth!"

Claim your Free Report at www.joyousbirth.net

When do I attend?

Register in your 4th, 5th, 6th, 7th or 8th month for either the:

- Group Class
- Private Session
- Personal Consultation for any pregnancy/ birth concerns

Does my partner need to attend?

Yes, it is extremely important for your partner to attend the class so that he can help support you through your pregnancy, birth and post-partum period.

Is the class taught only in English?

The Joyous Birth class is available in English, Hindi, Punjabi and Urdu.

Attending the Joyous Birth Prenatal class will:

- Give you clear instructions on preparing yourself physically, mentally, emotionally & spiritually for a healthy pregnancy & an easy birth.
- Teach you special relaxation techniques to ensure an easy joyous birth and minimise the use of drugs and interventions.
- Help you learn the secrets of promoting your baby's growth and development before birth.
- Prepare your partner to assist you in pregnancy and birth.
- Inform you of all the complications that may arise and how you can deal with them.
- Allow you to mingle with other smart couples in a fun learning environment where all birth-related questions are answered.

To find out about the next available date and confirm your spot for a

Prenatal Class

or to book a

Personal Consultation

Contact:

604-726-6043
childbirthguru@gmail.com

or visit:

www.joyousbirth.net

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