

YOUR HOST

BRANDI KARLSEN

Certified Clinical Hypnotherapist

Brandi graduated 2014
from Coastal Academy of Hypnotic Arts
and Science in the Lower Mainland BC

A Certified Hypnotherapist through the
IMDHA- International Medical and
Dental Hypnotherapy Association

She is also certified in Advanced
Spiritual Hypnotherapy, a Peaceful
Pregnancy Practitioner and Heart
Resonance Practitioner through Coastal
Academy. And Certified Life Coach
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Hypnosis for Peaceful Pregnancy and Calm Childbirth Experiences

Imagine a birth experience where you are so calm and peaceful, where your body is relaxed and open.

There is no tension, no fear; there is only an atmosphere of love and you trust your body to work as nature intended.

Focusing on the rhythmic surges of your body, you move with them harmoniously and peacefully, through the easy transitions of labour.

Soon, your baby effortlessly flows down through the birth canal for a peaceful and loving entry into the world.

This is the Peaceful Pregnancy™ Experience.

The Peaceful Pregnancy™ Program is a comprehensive program based on the philosophy that pregnancy and childbirth is a calm, positive and peaceful experience.

The Peaceful Pregnancy™ Program teaches expecting parents how to use hypnosis to achieve a peaceful pregnancy and calm birthing experience.

Pregnancy is a time of great connection and bonding, and birth can be an exhilarating experience.

Through Peaceful Pregnancy™, you and your partner will learn techniques for the purpose of relaxation, calmness, bonding with baby, preparation for birthing and preparation for parenthood.

Peaceful Pregnancy™ Practitioners understand the importance of a completely positive, satisfying experience and the long-term benefits of a peaceful pregnancy and calm childbirth.

I am proud to share my knowledge and experience with you to create a wonderful birth experience.