

FLORA-LILY BIRTH SCHOOL

# Hypnobirthing Course Guide

*Feel Calm, Confident & in Control for Birth*



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## INTRODUCTION

# Hello, I'm your Instructor Ruth Warrilow

Hi, I'm Ruth, founder of Flora-Lily Birth School and a certified hypnobirthing teacher. My journey into birth education started with my own experiences. When I was pregnant with my first baby, I did everything I thought I was supposed to—attended antenatal classes, read all the books—but when labour came, I felt completely unprepared and out of control.

Then, I found hypnobirthing. It changed everything. With my next two births, I felt calm, confident, and truly in charge of my experience. That feeling was so powerful that I knew I had to share it with others. Now, I teach parents like you how to feel in control, trust your instincts, and approach birth with confidence—no matter what kind of birth you choose.



“My vision is to help couples have a better, more positive birth experience where they feel in control. I want to give women their power back—to trust their bodies, make informed choices, and step into birth feeling strong, not fearful.”

*- Ruth Warrilow*

# Is This Course For You?



This course is perfect if you:

- ✓ Want to feel calm and confident about birth rather than anxious or overwhelmed.
- ✓ Want practical tools to help manage discomfort and stay in control during labour.
- ✓ Need a supportive birth partner who knows how to advocate for you.
- ✓ Want to understand your birth options so you can make informed decisions.
- ✓ Prefer private, personalised teaching over a group setting.

# What's Included?

★ 4 private sessions (10 hours total) tailored to you and your birth preferences.

★ The Calm Birth Method book + MP3s for relaxation and birth preparation.

★ Practical techniques: breathing, relaxation, decision-making, birth positions & more.

★ Supportive, evidence-based guidance to help you feel prepared and empowered.

★ Ongoing support via WhatsApp if you have questions after the course.



# Course Breakdown



## Week 1 – The Foundations

- How labour begins and how the uterus works.
- Why labour feels painful—and how to manage it.
- Wave breathing and The Calm Birth School breathing techniques.
- The role of hormones (oxytocin, endorphins, adrenaline) in labour.
- Language, affirmations, and the power of relaxation.
- Understanding hypnosis and the mind-body connection.

## Week 2 – Planning Your Birth

- Visualisation and creating a calm birthing environment.
- Choosing where to give birth and who will be with you.
- The birth companion's role and how they can support you.
- Using BRAINS to make informed decisions.
- Writing your birth preferences.
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## Week 3 – Preparing Your Body and Mind

- Gentle exercises and pelvic floor care.
- Perineal massage and natural induction methods.
- Bonding with baby and managing special circumstances.
- How to stay relaxed and focused (including light touch massage).

## Week 4 – Bringing It All Together

- Early labour signs and when to go to hospital (if applicable).
- Birth positions and working with your care provider.
- Birth breathing, transition, and crowning.
- Meeting your baby, skin-to-skin contact, and the placenta.

# Testimonials



"Ruth is just fantastic! We had a 1:1 course at home, and Ruth tailored her teaching style perfectly to suit both my logical mindset and my partner's more holistic approach. Even after the course, she checked in with us, which was so appreciated.

We had planned a home birth, but after a long labour, we transferred to the hospital. Thanks to Ruth's guidance, we felt calm and in control throughout. She really emphasised the importance of the birth partner role, which gave my partner the confidence to advocate for me when it mattered most. We'll always be so grateful to Ruth and recommend her to everyone we know!"



"I honestly can't recommend Ruth enough. We booked three last-minute sessions at home while waiting to see if I'd need a planned C-section. The sessions were relaxed, super informative, and made me feel empowered about my birth preferences.

My partner, who thought we'd be 'hypnotised' 😊, actually enjoyed the sessions and learned how to support me. I did end up having a C-section, but the techniques Ruth taught us helped us stay calm and positive. I'd recommend Ruth to anyone and would absolutely book again!"



"My husband and I took Ruth's course before the birth of our daughter. I work in a medical field, and my husband doesn't, so it was helpful to have a space to work through our different perspectives with Ruth's expertise. During labour, we felt confident asking questions and staying calm even when things didn't go to plan. My husband, who usually can't stand the thought of blood, stayed relaxed and supportive the whole time. Ruth gave us the tools to have the best possible experience, and we're so grateful."

# How to Book Your Course with me



📍 Location: Private sessions in your home (Chester & surrounding areas).

💰 Investment: £260 for the full course.

📅 Best Time to Start: Around 30 weeks, but earlier or later is fine too!

✉ How to Book: DM me on Instagram @floralilybirthschool or email [floralilybirthschool@gmail.com](mailto:floralilybirthschool@gmail.com).

I'd love to support you on your journey to a calm, confident birth. Feel free to reach out with any questions!

