

Mindful Hypnobirthing: Hypnosis And Mindfulness Techniques For A Calm And Confident Birth By Sophie Fletcher

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I posted on your blog, your photos are quite wonderful and yes, that branch with that claw is awesome! My partner would swoon over it.

Thanks so much.

xo- nicole Reply nina said, January 28, 2009 at 4:25 pm what a fabulous piece this is! very original, very lifelike, very mysterious all good things.

The flash bulb also looks much farther away than it could possibly be thanks to the shape of the lens.

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Sophie Fletcher is the author of Mindful Hypnobirthing a clinical hypnotherapist and doula. She lectures at Universities across the UK on hypnosis and mi |Birth

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About the mindful mamma hypnobirthing antenatal

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Mindful hypnobirthing : hypnosis and mindfulness

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Sophie fletcher (author of mindful hypnobirthing)

About Sophie Fletcher: I'm a clinical hypnotherapist, doula and lecture who also does a bit of writing when I can. I work from fertility through to post

Mindful mamma: supporting women to give birth

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Hypnotherapist and experienced doula Sophie Fletcher shares of mindfulness, hypnosis and breathing techniques to help birth

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