



MOTHER
FIT
MIND BODY SOUL

Tamara Cianfini

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Explore the wonderful world of Hypnobirthing with Tamara Cianfini, mum of two, Hypnobirthing expert, Founder of The Wise Hippo Birthing Programme, World Hypnobirthing Day, Nurse, Hypnotherapist, Birth doula, teacher/midwife trainer and Author of The Birth Path book. Tamara teaches private face to face classes around Hertfordshire and trains hypnobirthing teachers all around the world.

Watch Tamara's videos to gain more insight into how hypnobirthing can help you and your birth partner achieve the right birth on the day.

Tamara teaches private hypnobirthing classes around Hertfordshire and can be contacted on: tamara@thewisehippo.com / www.thewisehippo.com



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Always consult a medical practitioner for specific advice tailored to your needs.