Moms:

Pregnancy is a stressful time. There are a lot of fears to face. Are you afraid of the pain of childbirth? Do you experience feelings of inadequacy about being a good mom? Are you trying for a natural birth, yet wary that it will fail, and you will have to go through medical procedures? How are you going to hold it all together? Times are crazy, the economy is tough, and stress is worse than it has ever been.

The October 4th, 2010 issue of Time Magazine featured a cover article called, Fetal Origins: How the First Nine Months Shape Your Life. This is a new field in science that has found that mothers' stress matters in determining the health and intelligence of unborn babies, with lifelong consequences.

This is not to scare you. It is to inform you to invest in your baby's future while you can, rather than looking back in regret. Your own self care is the ultimate investment you can make for your baby. Receiving Healing Touch treatments during pregnancy not only decreases your level of cortisol (the stress hormone), it also promotes optimum growth and development in your baby.

In today's world, you are challenged by anxiety and tension. Your children feel it too. When you take the HTB workshop, you can learn simple Healing Touch techniques that can provide harmony and balance. It helps to create resilience in their small world. Even after birth, from teething to colic to simple learning, you can do a lot for your children by giving them healing sessions, and treating yourself. A family that heals together stays together. You deserve to have the best for your family, and you can unleash that power. When kids grow up with Healing Touch, they will naturally learn healing from you, and start to give you treatments as well.
Step into the wondrous world of healing!

What you can gain by starting now:

- easier, more optimal pregnancy and birthing process by practicing prenatal bonding.
- less chance of birth complications and postpartum depression.
- stronger bond between baby and baby's dad before, during, and after birth.
- transformation into motherhood through self-awareness and self care.

What makes Healing Touch for Babies unique?

- Most people focus on the physical dynamics of pregnancy, yet there is infinite value in creating emotional, mental, and spiritual balance as well.
- You will discover the intrinsic value of bonding prenatally, which will empower you to trust your instincts, and give you the confidence to give birth in health and in joy.
HTB for Mothers

Healing Touch for Babies (HTB) provides a unique, in-depth experience of understanding babies on a deeper level. HTB fills in the gaps of regular childbirth preparation by exploring the consciousness of newborns and their perceptions. You learn techniques that have been adapted to the needs of infants.

During the workshop, you also experience the benefits of receiving them, and learn some simple techniques for yourself to enhance your own well being. You will find that by using these simple practices that you can do at home, your level of stress will decrease, thereby making your pregnancy and parenting easier, more meaningful, as you connect to your little miracle.

Enjoy a new level of being present, and an increased capacity for compassion! Since babies are so sensitive, your deeper connection to their needs makes them feel respected and safe. By managing your own stress through deep relaxation with Healing Touch sessions, you are creating health for your baby. By connecting to your baby, you are creating a template of self-esteem and deep inner security. You learn to parent with a deep heart from the start!

In summary:

WHAT WE CAN PROMISE IF YOU PRACTICE THIS METHODOLOGY:

That your pregnancy and birth experience will be enriched by bringing yourself into balance.
That prenatal bonding will give you a better chance of a birth with less pain and complication.
That you will lay the deepest foundation for a healthy relationship with your child that will last the rest of your life.
That you will come into your own by trusting yourself, your instincts, your heart.

LET US HELP YOU TO GIVE YOUR BABY THE BEST START IN LIFE.

Please visit the Your Baby Remembers section for information about the book and the membership site.