



**BOOKING FORM FOR BIRTHING WITH CONFIDENCE**  
**PRIVATE ONE-TO-ONE WOW! HYPNOBIRTHING SESSION(S)**

Name:

Partner's name:

Address:

Telephone: Home:

Mobile:

Email:

Baby due:

How did you hear about us? If "internet", what did you search for?

Please discuss dates, times & venue with your chosen practitioner – Zana or Barbara - and then complete the details below. We can offer courses privately during a whole day, Monday to Friday, occasional Saturdays, or we may be able to split a day over two evenings, depending on availability.

<b>Private WOW! Hypnobirthing Session(s)</b>
Date:
Time:
Booked with: Barbara / Zana
To be held at:

Our preferred method of payment is via electronic bank transfer and we can email you the details.

I would like to book the 1-1 session(s) at the dates/times above. I understand that the one-day fee is £250 or £225 if online in one session (not split sessions). I agree to make payment as soon as I receive bank transfer details. I have read and accept the terms and conditions and cancellation policy on page 3.

Signed ..... Date .....

I agree for you to keep my contact information and any personal/sensitive data I supply for the purposes of administering the course and record-keeping, as described at the foot of page 3. I understand that my data will only be seen by Zana/Barbara and will not be shared with anyone else without my consent.

Signed ..... Date .....

**Please email/post your completed booking form to the practitioner running your course:**

Zana Parker, 43 The Drive, Hounslow, Southampton, SO40 9EP (info@BirthingWithConfidence.co.uk)

Barbara Wyant, The Old Quarry, Doctors Hill, Sherfield English, Romsey, SO51 6JX (barbara4c@yahoo.com)



## ***Meet your local hypnobirthing practitioners!***

You can trust the quality of your antenatal education with Zana and Barbara. Together they are possibly the most qualified and experienced antenatal educators in the area, having each completed a 3-year professional course in Antenatal Education, alongside qualifications in Hypnobirthing, plus each has additional professional expertise.

Barbara has a passion for helping women and their partners have an empowering, positive birth experience. She is an experienced hypnobirthing practitioner, qualified in RCM accredited Hypnosis for Childbirth. She runs a homebirth group through social media and local meetings. Barbara is a former midwife and created and provided NCT antenatal courses for hundreds of parents for nearly 20 years. She is a clinical hypnotherapist, a member of the General Hypnotherapy Register and registered with the CNHC. As well as offering hypnobirthing courses she also uses hypnotherapy and NLP techniques to help clients overcome fears, anxieties and unwanted habits which may or may not relate to maternity, eg: fear of needles, anxiety about flying, quitting smoking, etc.

**Barbara4c@yahoo.com**

**07948 686 891**

**[www.facebook.com/RomseyRelax](http://www.facebook.com/RomseyRelax)**



Barbara and Zana

Zana has a wealth of knowledge and experience in helping parents plan and prepare for the best possible birth, wherever and however their babies are born. She is an experienced hypnobirthing practitioner, qualified in RCM accredited Hypnosis for Childbirth. Zana has been creating and providing antenatal courses for the NCT since 1996 and has worked with 1000s of parents. She has provided training for student midwives and student hypnobirthing practitioners. She offers private courses and tailored services for groups, couples and individuals. Zana is also a qualified and accredited Counsellor and works in private practice helping adults with a diverse range of issues and specialising in those relating to pregnancy, birth and parenting.

**[info@BirthingWithConfidence.co.uk](mailto:info@BirthingWithConfidence.co.uk)**

**07905 658 386**

**[www.facebook.com/BirthingConfidence](http://www.facebook.com/BirthingConfidence)**

**[www.WOWHypnobirthing.co.uk](http://www.WOWHypnobirthing.co.uk)**  
**[www.BirthingWithConfidence.co.uk](http://www.BirthingWithConfidence.co.uk)**





## **Terms, Conditions and Cancellation Policy for Birthing with Confidence's WOW! Hypnobirthing Courses with Practitioners Zana Parker and Barbara Wyant**

Here's some rather dull but necessary "small print". We know you've probably read more interesting things, but we want to be transparent about any obligations and responsibilities between us. If anything is unclear, please ask us. We honestly do speak like real approachable humans!

**Private one-to-one WOW! Hypnobirthing courses** are offered Monday to Friday and occasional Saturdays subject to availability. A private course provided on a one-to-one basis costs £250 per day for a pregnant woman with/without her birth partner. If you wish to take a private course you can book one day or more. If you choose just one day we will tailor the day to your needs, ensuring that we focus mainly on hypnobirthing including background, context, practical skills and their application. We may be able to split one day across two sessions. We will offer a 10% discount on the full-day rate if your course takes place online, so the cost of one day online is £225. If you wish to split an online day into two separate sessions the online discount does not apply.

**If the course is held in person at your home** travel up to 10 miles each way from your Practitioner's home is included. If the journey to/from your Practitioner's home to your home is over 10 miles each way the Practitioner will charge 45p per mile for the additional mileage incurred. (The first 10 miles each way is still free.)

**An alternative "in-person" venue may be agreed** between your Practitioner and you. If the alternative venue for a private 1-1 course incurs a hire charge this is payable in full by you before the class takes place.

If you and a pregnant friend, with birth partners, would like to take the course privately in one of your homes, we are happy to offer a generous discount per couple on the private one-to-one day rate. Please enquire (post lockdown only).

Course fees, along with any additional mileage charge, and venue hire charge if applicable, should be paid in full at time of booking please. We will send you online payment details. If you need to spread the cost of the course and pay in two instalments please talk to us.

If you book any course and subsequently cancel, refunds will be supplied as follows:

- 42+ calendar days before the course begins: 75% refund
- 32-41 calendar days: 50%
- 22-31 calendar days: 25%
- 21 calendar days or less or "no show": 0%

In the event of a very premature birth or personal tragedy requests for a refund will be considered on an individual basis. An administration charge may be made. If you book a course that starts within 3 weeks of your due date then no refunds will be made if your baby arrives before the course.

Your first downloadable audio hypnobirthing track will be available as soon as the course fee has been paid in full so that you can experience the benefits straight away. The link for the remaining downloads will be available at, or immediately after, your course.

In the rare event of your Practitioner being taken ill or being otherwise unable to run your course we shall endeavour to work with you to find the best solution. This may include offering alternative dates and/or a replacement qualified Practitioner, or a full refund.

**How we use your data:** We need to collect personal and sensitive data about you in order to respond to your enquiry, provide appropriate information, process your booking and run your course effectively. If you are booking services with both Zana and Barbara we may share your data between us to ensure seamless working with the aim of providing our best service to you. Your data will be stored by your practitioner on a combination of mobile phone, email, PC and/or on paper for up to 6 years for insurance and personal accounting purposes. It will not be shared with 3rd parties without your consent except in rare emergency.