



# Serenity Online Antenatal Course



Welcome and thank you for joining me for the Serenity online antenatal course.

You can work through the video links at your own pace. If you have any further questions, please do get in touch.

[shellie@theserenitydoula.co.uk](mailto:shellie@theserenitydoula.co.uk)

*Shellie x*



# Serenity Online Hypnobirthing and Mindfulness Course

- ♥ [Module 1 - Physical and Mental Preparation For Birth](#)
- ♥ [Module 2 - All About Labour](#)
- ♥ [Module 3 - Where To Give Birth and Why](#)
- ♥ [Module 4 - Optimal Foetal Positioning](#)
- ♥ [Module 5 - Moving Through Labour](#)
- ♥ [Module 6 - The First Days As Parents](#)
- ♥ [Module 7 - The Fourth Trimester](#)
- ♥ [Module 8 - What To Expect From Medical Staff](#)
- ♥ [Module 9 - Induction](#)
- ♥ [Module 10 - Pain Management](#)
- ♥ [Module 11 - Assisted Birth](#)
- ♥ [Module 12 - Birth Companion Preparation](#)
- ♥ [Module 13 - Serenity Birthing - Hypnotherapy, Massage, Breathing, Birth Pools, etc](#)
- ♥ [Module 14 - The Wonderful Art of Feeding Your Baby](#)
- ♥ [Module 15 - Formula Feeding](#)



# Serenity Online Antenatal Course

Thank you for joining me for the  
Serenity online antenatal course.

I hope you found it helpful and I wish  
you all the best for your pregnancy,  
birth and parenting journey.

If you would like to get in touch for  
further support, you can contact me  
[shellie@theserenitydoula.co.uk](mailto:shellie@theserenitydoula.co.uk)

*Shellie x*