Hynobabies Audio Schedule

	Every other day	Every other day	Daily	Daily
Week 1	Your Special Safe Place	Easy Comfortable Childbirth	Joyful Pregnancy Affirmations	
Week 2	Learning Self-	Deepening Your	Joyful Pregnancy	Basic Finger Drop
	Hypnosis	Hypnosis	Affirmations	Practice
Week 3	Creating Hypno-	Deepening Your	Joyful Pregnancy	Eyes Open
	Anesthesia	Hypnosis	Affirmations	Childbirth Hypnosis
Week 4	Hypnotic Childbirth	Deepening Your	Joyful Pregnancy	Eyes Open
	1	Hypnosis	Affirmations	Childbirth Hypnosis
Week 5	Hypnotic Childbirth	Deepening Your	Joyful Pregnancy	Comfortable
	2	Hypnosis	Affirmations	Pushing
Week 6	Maintenance Schedule		Joyful Pregnancy Affirmations	Maintenance: All Practice Techniques

Maintenance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Your Special Safe Place	Hypnotic Childbirth 1	Easy Comfortable Childbirth	Hypnotic Childbirth 2	Deepening Your Hypnosis (listen on birth ball)	Visualize Your Birth	Fear Clearing
Maintenance: All	Maintenance: All	Maintenance: All	Maintenance: All	Maintenance: All	Maintenance: All	Maintenance: All
Practice Techniques	Practice Techniques	Practice Techniques	Practice Techniques	Practice Techniques	Practice Techniques	Practice Techniques
Joyful Pregnancy	Joyful Pregnancy	Joyful Pregnancy	Joyful Pregnancy	Joyful Pregnancy	Joyful Pregnancy	Joyful Pregnancy
Affirmations	Affirmations	Affirmations	Affirmations	Affirmations	Affirmations	Affirmations

Week 1 Monday Your Special Safe Place Joyful Pregnancy Affirmations Tuesday Easy Comfortable Childbirth Joyful Pregnancy Affirmations Wednesday Your Special Safe Place Joyful Pregnancy Affirmations Thursday Easy Comfortable Childbirth Joyful Pregnancy Affirmations Friday Your Special Safe Place Joyful Pregnancy Affirmations Saturday Easy Comfortable Childbirth Joyful Pregnancy Affirmations Sunday Your Special Safe Place Joyful Pregnancy Affirmations

Week 2		
	Monday	
	Learning Self-Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Tuesday	
	Deepening Your Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Wednesday	
	Learning Self-Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Thursday	
	Deepening Your Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Friday	
	Learning Self-Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Saturday	
	Deepening Your Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	
	Sunday	
	Learning Self-Hypnosis	
	Basic Finger Drop Practice	
	Joyful Pregnancy Affirmations	

Week 3

Week 5
Monday
Creating Hypno-Anesthesia
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Tuesday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Wednesday
Creating Hypno-Anesthesia
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Thursday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Friday
Creating Hypno-Anesthesia
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Saturday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Sunday
Creating Hypno-Anesthesia
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations

Week 4

Monday
Hypnotic Childbirth 1
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Tuesday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Wednesday
Hypnotic Childbirth 1
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Thursday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Friday
Hypnotic Childbirth 1
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Saturday
Deepening Your Hypnosis
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations
Sunday
Hypnotic Childbirth 1
Eyes Open Childbirth Hypnosis
Joyful Pregnancy Affirmations

Week 5
Monday
Hypnotic Childbirth 2
Comfortable Pushing
Joyful Pregnancy Affirmations
Tuesday
Deepening Your Hypnosis
Comfortable Pushing
Joyful Pregnancy Affirmations
Wednesday
Hypnotic Childbirth 2
Comfortable Pushing
Joyful Pregnancy Affirmations
Thursday
Deepening Your Hypnosis
Comfortable Pushing
Joyful Pregnancy Affirmations
Friday
Hypnotic Childbirth 2
Comfortable Pushing
Joyful Pregnancy Affirmations
Saturday
Deepening Your Hypnosis
Comfortable Pushing
Joyful Pregnancy Affirmations
Sunday
Hypnotic Childbirth 2
Comfortable Pushing
Joyful Pregnancy Affirmations

Week 6

VVEEK O		
	Monday	
	Your Special Safe Place	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Tuesday	
	Hypnotic Childbirth 1	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Wednesday	
	Easy Comfortable Childbirth	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Thursday	
	Hypnotic Childbirth 2	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Friday	
	Deepening Your Hypnosis (listen on birth ball)	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Saturday	
	Visualize Your Birth	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	
	Sunday	
	Fear Clearing	
	Maintenance: All Practice Techniques	
	Joyful Pregnancy Affirmations	

Week 35/36

Monday
Your Special Safe Place
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Tuesday
Hypnotic Childbirth 1
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Wednesday
Easy Comfortable Childbirth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Thursday
Hypnotic Childbirth 2
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Friday
Deepening Your Hypnosis (listen on birth ball)
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Saturday
Visualize Your Birth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Sunday
Fear Clearing
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations

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Monday
Your Special Safe Place
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Tuesday
Hypnotic Childbirth 1
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Wednesday
Easy Comfortable Childbirth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Thursday
Hypnotic Childbirth 2
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Friday
Deepening Your Hypnosis (listen on birth ball)
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Saturday
Visualize Your Birth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Sunday
Fear Clearing
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations

Week 36/37

Week 37/38

Week 37/38	Wee
Monday	Monday
Your Special Safe Place	Your Sp
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Tuesday	Tuesday
Hypnotic Childbirth 1	Hypnotic
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Wednesday	Wednes
Easy Comfortable Childbirth	Easy Co
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Thursday	Thursda
Hypnotic Childbirth 2	Hypnotic
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Friday	Friday
Deepening Your Hypnosis (listen on birth ball)	Deepeni (listen or
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Saturday	Saturda
Visualize Your Birth	Visualize
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P
Sunday	Sunday
Fear Clearing	Fear Cle
Maintenance: All Practice Techniques	Mainten Techniqu
Joyful Pregnancy Affirmations	Joyful P

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Week 38/39

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intenance: All Practice chniques
yful Pregnancy Affirmations
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pnotic Childbirth 1
intenance: All Practice chniques
yful Pregnancy Affirmations
ednesday
sy Comfortable Childbirth
aintenance: All Practice chniques
yful Pregnancy Affirmations
ursday
pnotic Childbirth 2
aintenance: All Practice chniques
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aintenance: All Practice chniques
yful Pregnancy Affirmations
turday
sualize Your Birth
intenance: All Practice chniques
yful Pregnancy Affirmations
nday
ar Clearing
intenance: All Practice chniques
yful Pregnancy Affirmations

Week 39/40

Monday
Your Special Safe Place
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Tuesday
Hypnotic Childbirth 1
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Wednesday
Easy Comfortable Childbirth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Thursday
Hypnotic Childbirth 2
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Friday
Deepening Your Hypnosis (listen on birth ball)
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Saturday
Visualize Your Birth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Sunday
Fear Clearing
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations

Monday
Your Special Safe Place
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Tuesday
Hypnotic Childbirth 1
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Wednesday
Easy Comfortable Childbirth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Thursday
Hypnotic Childbirth 2
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Friday
Deepening Your Hypnosis (listen on birth ball)
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Saturday
Visualize Your Birth
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations
Sunday
Fear Clearing
Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations

Week 40/41