

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-Hypnosis	Deepening Your Hypnosis	Joyful Pregnancy Affirmations	Basic Finger Drop Practice
Week 3	Creating Hypno-Anesthesia	Deepening Your Hypnosis	Joyful Pregnancy Affirmations	Eyes Open Childbirth Hypnosis
Week 4	Hypnotic Childbirth 1	Deepening Your Hypnosis	Joyful Pregnancy Affirmations	Eyes Open Childbirth Hypnosis
Week 5	Hypnotic Childbirth 2	Deepening Your Hypnosis	Joyful Pregnancy Affirmations	Comfortable 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 Practice Techniques	Maintenance: All Practice Techniques	Maintenance: All Practice Techniques	Maintenance: All Practice Techniques	Maintenance: All Practice Techniques	Maintenance: All Practice Techniques	Maintenance: All Practice Techniques
Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations	Joyful Pregnancy Affirmations

Week 1

Monday	
<input type="checkbox"/>	Your Special Safe Place
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Tuesday	
<input type="checkbox"/>	Easy Comfortable Childbirth
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Wednesday	
<input type="checkbox"/>	Your Special Safe Place
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Thursday	
<input type="checkbox"/>	Easy Comfortable Childbirth
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Friday	
<input type="checkbox"/>	Your Special Safe Place
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Saturday	
<input type="checkbox"/>	Easy Comfortable Childbirth
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Sunday	
<input type="checkbox"/>	Your Special Safe Place
<input type="checkbox"/>	Joyful Pregnancy Affirmations

Week 2

Monday	
<input type="checkbox"/>	Learning Self-Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Tuesday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Wednesday	
<input type="checkbox"/>	Learning Self-Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Thursday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Friday	
<input type="checkbox"/>	Learning Self-Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Saturday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Sunday	
<input type="checkbox"/>	Learning Self-Hypnosis
<input type="checkbox"/>	Basic Finger Drop Practice
<input type="checkbox"/>	Joyful Pregnancy Affirmations

Week 3

Monday	
<input type="checkbox"/>	Creating Hypno-Anesthesia
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Tuesday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Wednesday	
<input type="checkbox"/>	Creating Hypno-Anesthesia
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Thursday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Friday	
<input type="checkbox"/>	Creating Hypno-Anesthesia
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Saturday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Sunday	
<input type="checkbox"/>	Creating Hypno-Anesthesia
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations

Week 4

Monday	
<input type="checkbox"/>	Hypnotic Childbirth 1
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Tuesday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Wednesday	
<input type="checkbox"/>	Hypnotic Childbirth 1
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Thursday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Friday	
<input type="checkbox"/>	Hypnotic Childbirth 1
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Saturday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Sunday	
<input type="checkbox"/>	Hypnotic Childbirth 1
<input type="checkbox"/>	Eyes Open Childbirth Hypnosis
<input type="checkbox"/>	Joyful Pregnancy Affirmations

Week 5

Monday	
<input type="checkbox"/>	Hypnotic Childbirth 2
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Tuesday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Wednesday	
<input type="checkbox"/>	Hypnotic Childbirth 2
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Thursday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Friday	
<input type="checkbox"/>	Hypnotic Childbirth 2
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Saturday	
<input type="checkbox"/>	Deepening Your Hypnosis
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations
Sunday	
<input type="checkbox"/>	Hypnotic Childbirth 2
<input type="checkbox"/>	Comfortable Pushing
<input type="checkbox"/>	Joyful Pregnancy Affirmations

Week 6

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

