



Program Materials	Price	Quantity
CDs		
- Relaxation for Pregnancy	\$25.00	
- Birthing Preparation (Self-Hypnosis) - 3 tracks	\$30.00	
- Birthing Affirmations	\$15.00	
- Post-Natal Relaxation -2 tracks	\$25.00	
BirthSkills Program Manual (only)	\$50.00	
Complete Program Pack (including Manual, technique guide, scripts, email support and CD Set)	\$110.00	
<u>N.B. The technique guide is not available separately</u>		
Program Pack Plus Post-Natal Care option (+ post-natal relaxation CD, post-natal care workbook & support)	\$165.00	
Order Total		

Orders will usually be sent the business day following payment processing. Prices include postage.

Name _____

Postal/Delivery Address _____

_____ Postcode _____

Email _____

Phone (Home) _____ Mobile _____

Cheque - Please make cheques payable to: BirthSkills please send to **118 Heagney Crescent, Chisholm, 2905, ACT** (orders made by cheque will be sent once the funds have cleared – usually 5 business days).

Direct Deposit (via internet banking or in person at any St Georges branch)

BirthSkills
BSB 112-879
Acc No. **002891513**
Ref: Your surname