

Our Stories

E's Story

I first met Helene when I was about 5 months pregnant with my first baby; having heard glowing reports from many friends and family.

I was suffering with chronic early onset SPD and had been from around the beginning of the second trimester. By the time I came to Helene I was in a lot of pain and was having difficulty standing and walking my pelvis felt so uncomfortable.

My baby was a very precious IVF baby that I would fiercely protect, so I had put off getting treatment of any kind in case it was detrimental to me or my little boy, but I needn't have worried. Treatment was extremely gentle and the relief was instant. She worked to gently shift my son so that there was less pressure on my pelvis and made very slight gentle adjustments to my balance to relieve the pain.

I continued to have treatments every few weeks and was able to maintain my physically demanding job right up to 38 weeks. I am sure without Helene I would have had to be on bedrest towards the end of my pregnancy.

I realised over time that the sessions were not only managing my SPD symptoms but were also a wonderful experience for myself and my baby, really helping us to connect with each other during the pregnancy.

When I delightedly fell pregnant with my second son, I went again both for the experience and to prevent any renewed SPD trouble.

I also took both my little boys to see her during their very early days to help them with the transition from womb to the world! My babies really enjoyed this and recognised her instantly, particularly my second son who first had first met Helene at around 11 weeks in utero!"

A's Story

"I honestly can't thank Helene enough for everything she has done for me and my little boy. During pregnancy the sessions were a complete lifesaver; my awful leg and back aches eased so much, a stubborn haematoma finally shifted, and best of all, throughout the sessions she was able to create more space for my baby to wriggle and grow comfortably.

Helene has such a gentle way of connecting with the baby even while he was still in my belly - it felt magical and that connection continued post birth!

After baby arrived by unplanned C-section, I worried about the bond. Something about the birth had left me feeling a bit disconnected with my little boy and being a first time mum, it was very

overwhelming. The birth-story debrief sessions with Helene changed everything. She helped us both gently process the pregnancy and birth, and those first postnatal sessions were pure bliss; my baby would relax and gaze at her the moment she started working. My own body recovered so much faster too, the aches from carrying and settling him were so much better post sessions and I am still continuing sessions for both me and baby 4 months post-partum.

Helene truly listens with her hands and her heart. She helped us find each other properly, and our connection now feels deep, calm and unbreakable. I'm forever grateful.

A very happy mum & baby. I would recommend Helene to anyone who is interested in trying to get pregnant, is pregnant or has had a baby!"