

# Prenatal Massage

## NCBTMB APPROVED 16 HOURS



### PRENATAL MASSAGE WORKSHOP

**I am able to provide a unique angle of what I teach.** Because I am actively in the field of massage/bodywork and being a Doula, the workshops & retreats that are offered are like no other. The workshops are offered as live, in person, non-fear based, interactive, hands on experiences. NCBTMB Approved Provider number 315. Investment \$400

The curriculum provides the following to therapists:

- Knowledge of pregnant clients
- Massage techniques for the pregnant year (preconception, pregnancy, infertility, prenatal, labor, postnatal, infant techniques)
- Understanding the anatomy/physiology affected by pregnancy
- Contraindications
- Hands on demo. These are the highlights of the class, there is much more.

When: February 22 12:30 - 7:30 & February 23 9-6

Where: 140 N. LaGrange Road LaGrange #17 inside the Garden Of Yoga

Other: 2-3 king sized pillows, 1 body pillow, 2 sets of sheets, 1 extra pillow case, massage cream/oil.