

# Certificate of Pregnancy & Postnatal Massage

3 day course in BALI  
11, 12 & 13 September 2015



PROUDLY PRESENTED BY PREGNANCY MASSAGE AUSTRALIA®

Course location: Sanur Paradise Plaza Hotel & Suites. Jalan Hang Tuah 46 Sanur, Bali, 80228

## Introduction

Pregnancy is a very special time in a woman's life that creates significant physiological, structural, and psychological changes. Understanding these changes will help you, the massage therapist, to determine the outcome of your treatment. It will give you the confidence and guidance to apply appropriate therapeutic massage to your pregnant client.

During the course you will study the gentle application of massage for pregnant women, and the appropriate techniques and applications suitable for each trimester. You will discover how beneficial massage is during pregnancy and beyond.

## General information

- Course is suitable for businesses, massage therapists, spa therapists, midwives, doctors and health professionals interested in learning massage for pregnancy.
- Comprehensive seminar notes will be provided at the commencement of the course.
- Catering will be provided.
- 15% of your course fee and a \$150 administration fee will be incurred on all cancellations.
- No refunds will be given 14 days prior to course commencement.
- FULL PAYMENT IS REQUIRED PRIOR TO COURSE COMMENCEMENT.

Further information will be sent on receipt of payment.

For more information and course bookings contact  
Pregnancy Massage Australia®

[www.pregnancymassageaustralia.com.au](http://www.pregnancymassageaustralia.com.au)  
e: [info@pregnancymassageaustralia.com.au](mailto:info@pregnancymassageaustralia.com.au)



For more accommodation bookings contact  
Sanur Paradise Plaza Hotel & Suites

[www.sanurparadise.com](http://www.sanurparadise.com)

## Brief course outline

### Day 1: Introduction to the benefits of pregnancy massage

You will learn techniques and gain the confidence to massage and treat your pregnant clients.

- Assessment of the physiological changes during pregnancy
- Understanding body changes, and effects on various systems
- Joints and muscles affected during pregnancy
- Introduction to some high-risk conditions unique to pregnancy and contra indications for massage during pregnancy
- Pregnancy myths explained and identified
- Review of the three trimesters, including lying positions appropriate for each trimester
- Draping - client comfort and privacy
- How to prepare for a pregnancy massage treatment
- Full body massage demonstrated

### Day 2: Develop your massage skills to treat some specific conditions that pregnant clients will present with.

- How to prepare a pregnancy massage treatment and assess the client for massage treatment
- Massage techniques during pregnancy – develop appropriate applications for each trimester
- Application of gentle release techniques for hip, pelvic and lower back pain
- Shoulder releases and mobilisation to reduce posture stress
- Abdominal massage unique to pregnancy, which helps create a supportive mother-baby connection.

### Day 3: Postnatal massage

How do we support and nurture a new mum using postnatal massage? Postnatal massage promotes relaxation and relieves anxiety after birth. The mother's body will be adjusting and undergoing many changes. There are many considerations in supporting and nurturing a new mum and baby. We will focus on these areas:

- Massage after a natural birth
- Massage after caesarean
- Massage to rebalance the body
- Massage to relieve tension from breast-feeding
- Simple post natal exercises.