

NURTURELIFE® PRACTITIONER PROGRAM UPGRADE

FOR PMA CERTIFICATE HOLDERS

SUPPORTING WOMEN THROUGH EVERY STAGE OF MOTHERHOOD

@pregnancymassageaustralia

Introduction

Step into a new era of holistic maternal care with the NurtureLife® Practitioner Program — a transformative training designed to deepen your understanding of pregnancy, birth, and postnatal recovery. This immersive course takes you far beyond technique, offering the knowledge, confidence, and emotional intelligence to support women through every stage of their perinatal journey — from preconception to the fourth trimester and beyond. You'll explore the intricate physical, hormonal, and emotional changes that occur throughout pregnancy and learn evidence-based massage techniques to safely ease discomfort, support complex conditions, and nurture overall wellbeing.

Guided by Pregnancy Massage Australia®, this course invites you to grow both professionally and personally — developing empathy, intuition, and advanced clinical skill to become a trusted ally for women navigating one of life's most profound transitions. As a NurtureLife® Practitioner, you'll not only master specialised perinatal and postnatal massage practices but also join a thriving network of like-minded professionals, supported through mentoring, shared knowledge, and a strong community ethos.

Empower women. Enrich your practice. Become part of Australia's leading movement in holistic perinatal care.

Course Details - The NurtureLife® Practitioner

Where practical skill meets compassionate expertise. The NurtureLife® Practitioner Program blends immersive face-to-face learning with the flexibility of online study — giving you everything you need to become a confident, highly skilled specialist in pregnancy and postnatal massage.

Face-to-Face Learning: Attend your scheduled in-person training days for hands-on, guided practice with experienced educators.

Online Access (12 months, or unlimited access for subscribed members): Continue your learning anytime, anywhere, with full access to the online Practitioner of Pregnancy Massage course, featuring video tutorials, anatomy reviews, and self-paced theory modules.

Practical Guidance: Each module includes step-by-step video demonstrations, detailed lesson notes, and revision of anatomy, signs and symptoms, and specialised techniques for each body region.

Zoom Classrooms (optional): Join live online sessions to deepen your understanding, connect with peers, and ask questions in real time.

Professional Support Network: Be welcomed into the private Pregnancy Massage Australia® Therapists Q&A Facebook Group — a supportive, collaborative community for ongoing discussion and mentorship.

Assessment Requirements

- Complete short knowledge checks within each module
- Review six (6) high-risk pregnancy conditions
- Revise and submit a Pregnancy Client Health Assessment Form (template will be provided)
- Submit two (2) case studies documenting treatment of pregnant clients
- Provide a photo of your professional treatment set-up.

On successful completion, you'll graduate as a Certified NurtureLife® Practitioner, recognised for your advanced skills, holistic understanding, and compassionate approach to perinatal care.

Blending knowledge, hands-on mastery, and ongoing mentorship — this is more than a course. It's your pathway to becoming part of Australia's leading network of perinatal massage specialists.

Join NurtureLife® and embark on a fulfilling journey of supporting women through the miraculous journey of pregnancy and beyond!



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This program combines our Practitioner + Postnatal Massage Courses. Empowering holistic, evidence-based care for women through pregnancy, birth, and beyond.

Module 1: Understanding Pregnancy & Maternal Change
Laying the Foundation for Holistic Care

Begin your journey by exploring the remarkable physical and emotional transformation of pregnancy.

- Physiological and hormonal changes across each trimester
- Anatomy of the reproductive and musculoskeletal systems
- Safe self-care, body awareness, and education for mothers
- Massage recommendations tailored from 1st to 4th trimester.

Gain a solid grounding in the science and sensitivity of perinatal care.

Module 2: Conditions Unique to Pregnancy
Recognising, Supporting, and Responding with Care

Understand the key conditions that shape safe practice in pregnancy massage.

- Recognising signs, symptoms, and contraindications
- Pathologies affecting maternal and fetal health
- When to modify treatments or refer to healthcare professionals
- Debunking common myths about pregnancy and massage.

Learn to practice safely, confidently, and with informed clinical judgement.

Module 3: Complex Conditions & High-Risk Pregnancy
Confident Care for Complex Presentations

Develop the skills to support women with complex or high-risk pregnancies.

- Identify and manage advanced pregnancy conditions
- Understand implications for mother and baby
- Emotional support strategies for anxiety, trauma, and loss
- Practitioner self-care and professional boundaries

Step into a higher level of care — supporting every woman with confidence and compassion.

Module 4: Client Positioning & Assessment for Safety
Precision, Comfort, and Clinical Confidence

Learn how to create a safe and effective treatment environment.

- Client history, consultation, and health assessment
- Positioning for first, second, and third trimesters
- Safety considerations and ergonomic setup
- Orthopaedic assessments for hips, pelvis, thoracic spine, and neck.

Ensure every treatment supports both safety and treatment outcome focussed.

Module 5: Pregnancy Massage Treatments
Delivering the NurtureLife® Experience

This module brings everything together in practical application.

- Full body pregnancy massage — from preparation to completion
- Draping and flow for comfort, confidence, and professionalism
- Abdominal massage to encourage mother–baby connection
- Building intuitive awareness and supportive communication

Master the hands-on skills that define the NurtureLife® approach.

Module 6: Specialised Pregnancy Techniques
Advanced Therapeutic Approaches for Pain and Stress

Refine your treatment skills with advanced, gentle techniques.

- Calming the nervous system and reducing stress hormones
- Specialised Prenatal Application: Release Point Therapy (RPT) for hip, lower back pain
- Myofascial applications for lumbar and pelvic relief
- Techniques for gluteal tension and sacroiliac joint balance.

Support mobility, release pain, and restore physical harmony.

Module 7: Treating Pelvic, Back & Postural Pain
Restoring Balance, Movement, and Ease

Deepen your understanding of how pregnancy affects movement and structure.

- Treating Pregnancy Related Pelvic Girdle Pain (PrPGP) and Pubic Symphysis Dysfunction (PrPGP)
- Sacroiliac joint, deep hip rotator, and iliopsoas release
- Ligament balancing and posture alignment for birth preparation

Deliver targeted, therapeutic results for pain relief and body balance.

Module 8: Upper Body, Carpal Tunnel & Oedema Management
Relieving Strain and Supporting Circulation

Address the upper body challenges common in pregnancy.

- Shoulder, thoracic, and neck pain treatments
- Mobilisation and rib release techniques for posture and breathing
- Managing carpal tunnel syndrome and oedema in hands and arms
- Reducing leg cramping, restless legs, and fluid retention

Promote relaxation and circulation to ease pregnancy-related discomforts.



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Module 9: Abdominal Massage & the Mother–Baby Connection
Supporting Core Function and Emotional Bonding

Learn the signature NurtureLife® abdominal massage techniques.

- Support digestive comfort and organ alignment
- Gentle techniques for diastasis recti (abdominal separation)
- Safe support for C-section recovery and scar management
- Creating deep, nurturing connection through touch and intention

Encourage healing, comfort, and emotional connection.

Module 10: Professional Practice & Referral Pathways
Integrating Skills into Real-World Practice

Transition from student to specialist with a focus on professionalism and collaboration.

- Designing tailored treatment plans meeting a "Woman centred Care" approach
- Applying critical thinking by building referral networks and interdisciplinary partnerships
- Client documentation and informed consent
- Applying everything learned through practical case studies

Graduate with the confidence to practice, lead, and collaborate as a recognised NurtureLife® Practitioner.

Postnatal Massage Certification – The Fourth Trimester

Extending Care Beyond Birth. The journey doesn't end at birth. This specialised postnatal module equips you to support women through physical recovery, emotional adjustment, and maternal empowerment.

Module 11: Postnatal Physiology & Emotional Recovery
Understanding the Fourth Trimester

- The body's hormonal, muscular, and circulatory changes post-birth
- The impact of fatigue, feeding posture, and emotional fluctuation
- How nurturing touch supports healing, sleep, and mental health
- Recognising when to modify treatments for postpartum conditions

Provide holistic care that helps new mothers restore strength and calm.

Module 12: Postnatal Massage Techniques
Practical Healing for Recovery and Renewal

- Full body postnatal massage sequence for recovery and realignment
- Techniques for abdominal restoration and scar tissue management
- Support for C-section healing and gentle myofascial release
- Addressing back, shoulder, and neck pain from newborn care

Deliver deeply restorative treatments that honour the postnatal body.

Module 13: Emotional Connection & Long-Term Wellbeing
Holistic Support for Motherhood

- Supporting mental health and emotional adaptation
- Using massage to promote oxytocin and reduce cortisol
- Recognising signs of postpartum depression or anxiety and referring appropriately
- Encouraging self-care, mindfulness, and continued touch therapy at home

Empower mothers to feel supported, connected, and capable in their new role.

Module 14: Postural Re-Education & Gentle Exercise Integration
Helping Mothers Regain Strength and Confidence

- Identifying postural imbalances and safe corrective approaches
- Gentle core reactivation and breathing support
- Educating clients in ergonomic habits for lifting, feeding and rest

Help mothers rebuild strength safely while easing pain and fatigue.

Module 15: Professional Integration & Growth
Becoming a Recognised NurtureLife® Postnatal Specialist

- Case studies and client treatment assessments
- Documentation and ethical communication
- Listing on the PMA/NurtureLife® national directory
- Access to mentoring, business tools, and marketing materials.

Step into professional recognition as a NurtureLife® Pregnancy & Postnatal Massage Specialist.