

PREGNANCY MASSAGE AUSTRALIA



PREGNANCY[®]
MASSAGE
AUSTRALIA

ADVANCED 1-DAY WORKSHOPS

Presented by Catherine McInerney
Director - Pregnancy Massage Australia

WORKSHOP A: Post Natal Massage

How do we support and nurture a new mum using post natal massage?

The excitement of a new baby to welcome into the world can fill a mother and father with a roller coaster of emotions. Taking the time to adjust to this great responsibility can seem overwhelming, but filled with excitement. Post natal massage promotes relaxation and relieves anxiety having a positive effect to ease postpartum blues.

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:

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

COURSE DETAILS

- Seminar times are 9am to 5pm.
- Comprehensive seminar notes will be provided at the commencement of the seminar.
- Morning & afternoon teas provided.
- Further information (parking, accommodation, lunch venues etc) will be sent on receipt of payment.
- A 15% fee will be incurred on all cancellations.
- Due to limited seating no refunds will be given 14 days prior to the start of seminar.
- POSITIONS STRICTLY LIMITED TO ENROLLED STUDENTS.
- For more information on fees and to enrol, visit www.pregnancymassageaustralia.com.au

WORKSHOP B: Partner Training & Massage for Labour

Learn how to demonstrate massage techniques for labour. Massage can be used during the birth, to make it easier and more comfortable for the mother.

A well prepared partner offering positive support during labour will assist in maintaining relaxation and focus for the labouring mum. In this workshop we will learn how to equip our clients to utilise massage for labour.

We will focus on:

- How and when to recommend massage for labour
- How to prepare a partner massage session
- Specific massage techniques for labour
- Focus on the latent first stage of labour and points to support the labouring woman.

For more information contact Pregnancy Massage Australia

www.pregnancymassageaustralia.com.au
e: info@pregnancymassageaustralia.com.au

[03] 9571 6330



Course Accreditation:
MidPlus 14 points
AAMT 20 points
AMT 60 points
ATMS 16 Points
MAA 20 points
Massage Australia
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