

Infant Massage

There is no better way to bond with your little one than through loving touch!



Did you know that Touch is the first sense to fully develop in the womb? Babies need loving touch to thrive, just as they need food.

Sharing nurturing massage with your baby can:

- Promote bonding and communication between baby and parents
- Contribute to brain development
- Lay the groundwork for positive self-esteem, respect and trust
- Reduce stress for baby and relax Mom and Dad
- Improve circulation, relieve gas/colic, and provide other physical benefits
- Help baby sleep.

In this workshop, you will have fun learning the art of infant massage, share songs and kinesthetic movements with your baby, and learn gentle yoga stretches for parents that help loosen up tired backs and shoulders.

Ages six weeks to active crawling stage, with permission from baby's physician.

This class is led by Tara Stivers. Tara teaches prenatal yoga and provides labor support, childbirth education and breastfeeding support to new parents.

4 Thursdays: 11:30am – 12:45pm
Next workshop: December 1 - 22, 2011

Cost: \$55

Includes massage oil

Registration required:

Call **805.504.3920** or e-mail **tara@intuitionbirth.com**.

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