



Pre & Post Natal Massage & Myotherapy Courses

Pre & Post Natal Massage & Myotherapy – Part 2

Key Features

- exercise during pregnancy
- massage therapy techniques during labour
- pain relief techniques
- post natal massage therapy
- post natal care and considerations
- comprehensive manual provided
- practical & theoretical demonstration
- small class sizes

Course Content

- exercise during pregnancy
- stages of labour
- types of labour
- pain relief during labour
- positioning during labour
- massage techniques during labour
- relaxation techniques during pregnancy and labour
- types of delivery
- post natal changes
- posture during the post natal period
- post natal massage considerations
- post natal exercises

Course Details

Duration: 4 hours (plus 30 minute break)
Price: \$175.00

Bookings

Online Bookings: www.myofirst.com.au

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