



Pre & Post Natal Massage & Myotherapy Courses

Pre & Post Natal Massage & Myotherapy – Part 1

Key Features

- contraindications and precautions of massage therapy during pregnancy
- safe and effective positioning of clients during pregnancy
- massage treatment of clients during the three trimesters of pregnancy
- comprehensive manual provided
- practical & theoretical demonstration
- small class sizes

Course Content

- benefits of massage during pregnancy
- contraindications of massage during pregnancy
- physical & psychological changes to the mother during pregnancy
- most common conditions experienced by the mother during pregnancy
- posture
- client assessment
- positioning of a pregnant client for massage treatment
- massage treatment during pregnancy; demonstration & class participation
- diet during pregnancy
- pelvic floor exercises

Course Details

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

Bookings

Online Bookings: www.myofirst.com.au

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