

Prenatal Massage: *Happy Mom, Healthy Baby!*

15 Hours

Instructor: Steve Metzger RN-CMT

Certified Pre- and Perinatal Massage Therapist

March 13-14, 2010 (Saturday-Sunday), 9:00 – 5:00
(Registration at 8:30 a.m.)

Pregnancy is the miracle of life in progress, accompanied by changes in the mother's body. Understanding the pregnancy process is as essential to mastering specific techniques for pregnancy massage. This course focuses on safe and therapeutic application of massage techniques to improve the mother's comfort, support the baby's health and prepare for a successful delivery. This class is a hands on course.

You Will Learn:

- Benefits Contraindications of Massage During Pregnancy
- Basic Anatomic and Physiologic Consideration with Pregnant Clients
- Postural Evaluation and Recommendations for Pregnant Clients
- Massage Positioning for Pregnant Massage Clients for Each Trimester
- Massage Techniques of the Shoulders, Back and Pelvis for Pregnant Clients
- Preparing the Third Trimester Client for Labor

Instructor Steve Metzger has a B.A. in Biology, B.S. in Nursing (RN) and an M.B.A. He has worked in health care for over 30 years and received massage therapy training from Chico Therapy Wellness Center. He is certified in Pre- and Perinatal Massage Therapy from Carole Osborn of Body Therapy Associates. He has a keen interest in holistic women's health therapy and integrates myofascial release with massage therapy techniques.



Prices

Base Price	\$225.00
30 days in advance	\$210.00
Level I Students	\$195.00
1 st Day of Class	\$270.00

Supplies Needed For Course

- Recommended Text: Pre- and Perinatal Massage Therapy (\$28)
- 2 pillows with pillow cases
- Linens: twin size fitted and flat sheet
- Unscented massage lotion (no oil!)

BRN Provider for Nursing CEUs

Please contact Chico Therapy Wellness Center for details:

(530) 891-4301

392 Connors Ct., Chico CA 95926

www.chicotherapywellness.com