

INFANT MASSAGE CLASSES

Come learn the ancient art of loving touch with your baby. In this series of four classes you will learn to massage your baby and create strong parent/infant bonds that last a lifetime. Research shows that babies that are massaged on a regular basis sleep better (so you will too), grow faster and are generally calmer. During infant massage classes, parents will become more confident in learning to recognize and respond to their babies' cues. If your baby has colic this is a class you don't want to miss, special massage techniques for relieving colic are taught. Class includes massage oil and a certificate of completion.

Each series of four classes start the first Tuesday of each month from 7:00 PM- 8:30 PM or the first Saturday of each month from 4:00 PM-5:30 PM. Classes are designed for families with babies that are 6 weeks to just before crawling. Individual classes are also available. All classes are held at The Nurtured Woman Massage LLC—7718 Belair Rd 21236.

Classes are taught by Beverly Hamilton CMT, C.I.M.I (Certified Infant Massage Instructor). She has been a Certified Massage Therapist since 1999 and a Certified Infant Massage Instructor since 2002 and a Reiki Master since 2002.

Fee: \$150.00 per family (both parents are encouraged to attend)

To register, send the form below with a \$50.00 deposit to:

Beverly Hamilton
2908 Linwood Ave
Parkville, MD 21234

For questions or more information Beverly can be reached at 410-663-5089 or check the web site at www.tnwmlc.com

Parent(s) Name _____

Baby's Name _____ Date of Birth _____

Address _____

City/State/Zip _____

Phone _____ E-Mail _____

Class – Month and Day (Sat. or Tues.) _____