

2 Hour Short Course

Infant Massage

Become confident in massaging your baby safely and effectively



“

The Infant Massage Short Course provided me with a wealth of knowledge about how to safely massage my baby. I have been using the massage techniques at home to sooth and calm my little one. ”

Massage is a therapeutic form of remedial therapy that has been practiced for thousands of years.

Massage is valued for its therapeutic benefits and is used today in hospitals, private clinics, health clinics, and specialist treatment centres.

Introducing massage to your children when they are infants can be very beneficial to parent-baby bonding, as well as providing a myriad of health benefits to your baby. Massage is said to release oxytocin and endorphins in the body which may assist in relieving discomfort from teething, colic, and emotional stress.

Massage is both stimulating and relaxing for babies. It assists in deeper sleep, aids digestion and is a fun experience for mum, dad, and baby.

In this short course you will learn how to apply a full infant massage sequence, when to offer massage to your baby and how to apply the learnt massage techniques safely. This two hour course is designed with your baby's changing and feeding needs in mind.

WHAT YOU WILL LEARN

Over two x 1 hour sessions participants will cover a combination of theoretical and practical skills including:

- The safe application of massage techniques
- Theory of infant massage
- Asking permission to massage
- The benefits of infant massage
- Which oil is best to use on your baby
- Infant massage strokes

Perfect for new parents!

Bring baby along

2 Hour Short Course
10am to 12pm

Brisbane & Sydney

31 Jan 2011
24 June 2012

Melbourne

24 June 2012

Cost

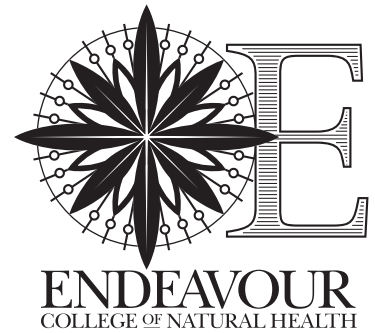
Public Price
Endeavour Student Price

\$95
\$75

To book please fill out the form on the back

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DATE (Select your course date) – **2 Hour Short Course** 10am to 12pm

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24 June 2012

Sydney

31 Jan 2011
24 June 2012

Melbourne

24 June 2012

YES – BOOK A PLACE FOR ME!

Contact Name _____

Address _____

Phone _____

Email _____

Date of Birth _____

Student Number (if applicable) _____

Credit Card type: Visa Mastercard My cheque is enclosed

Cardholder's Name _____

Signature _____

Credit Card Number

Expiry date /

BOOK ONLINE

www.shortcourses.endeavour.edu.au/estore or call 1300 462 887

Email: shortcourses@endeavour.edu.au

COST

Public Price

\$95

Endeavour Student Price

\$75

CANCELLATION POLICY

Payment must be made upfront for any Endeavour Learning Group face to face or online Short Course booking. Bookings without payment are not considered secure bookings. Bookings that require an invoice will only be considered 'firm' for the term of that invoice.

Endeavour Learning Group reserves the right to cancel, close or reschedule short courses. In the event of Endeavour Learning Group cancelling or rescheduling a course, participants have the option of transferring their booking to an alternative date or transferring to a different course of equal value.

In the event that you are unable to attend you are eligible to transfer to an alternative date or course of equal value or send a substitute in your place however no refunds will be issued.

Short Course prices are correct at the time of publication.

Discover the future of wellbeing

www.endeavour.edu.au

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