



MASSAGE FOR THE MOTHER

PRE /POST NATAL MASSAGE

NCBTMB APPROVED
4 HOUR CE \$175

**PRIVATE CLASSES
AVAILABLE**

Learn a new skill today...
apply it tomorrow

Anatomy review
Indication and contraindication
Pregnancy /post natal care
Bolstering
Side-lying Massage

Myths

This course is a wholistic approach to bodywork during the most special time in a woman's life.

www.elementsofhealthva.com
elementsofhealthva@gmail.com

Massage Instructor
Shawnte' Peterson
757-529-1647



Elements of Health