

## Pregnancy Massage

During pregnancy a woman's body undergoes many changes, some of them stressful and uncomfortable. Massage is a perfect way to reduce stress and promote general well-being.

Massage during pregnancy can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system.



<b>OVERVIEW</b>	A hands-on course of 10 x 3.5 hour lectures.
<b>CERTIFICATE</b>	A certificate of completion will be awarded upon meeting attendance requirements and successful completion of theory and practical assessments
<b>COST</b>	<b>\$675</b> including work manual
<b>PRE-REQUISITES</b>	Completion of the Swedish, Remedial and recommended Anatomy & Physiology (Cycle A).

TERM  
DATES

*Please see timetable for class dates and times*

*Book into this course by completing the attached enrolment form,  
or ask a staff member for more details about this course*