

Overview of Baby Massage Course in the Coming Weeks

2018



Dear Parents,

Baby Massage Course, Avenues Children's Centre, YO31 0UT 23rd October - 27th November, 2018 (Tuesday Afternoons)

Thank you for your interest in the infant massage course Irene is teaching. As you have probably read, the benefits of massage are numerous to both you and to the well-being and health of your child. As well, setting aside only 10 minutes a day, two or three times a week is a wonderful soothing way to spend that special quality time with your child.

Following are the 5 weekly dates, and the massage strokes that you will learn. Should there be *any problems with the following dates*, once you've booked, for any class during the course, could you please kindly contact Irene at your earliest convenience. Irene will set aside the training guide of the massage strokes learnt weekly for you to take home and practise with your baby.

[To secure a place on the course](#), if you haven't already, please contact Irene on the number or website below. Once space is confirmed, you may only secure your place via PayPal on the website highlighted below or via BACs (advised to book early to avoid disappointment).

Below are the scheduled course dates and the topic for each week. All lessons are at Avenues Children's Centre, on Tuesday from 12.30 - 1.30PM. *start date may be subject to change

	Massage Strokes to be Learnt	Date (Tuesday, 12.30-1.30PM)
Week 1	Legs and Feet	23th October
No Classes	No Classes	NO CLASSES
Week 2	Tummy, and recap week 1	6th Nov
Week 3	Chest & Arms, Head & Face And recap weeks 1-2	13th Nov
Week 4	Back massage, and recap weeks 1-3	20th Nov
Week 5	Recapping back strokes & weeks 1-4 + certificates +cake + fizzy	27th Nov

Yours faithfully,
Irene

Irene Forsyth, MSW, Baby Massage Teacher

CRB checked, Member of the Guild of Sensory Development Happy Mother of 2 :-) irene@babymassagecourse.com

www.babymassagecourse.com