

PREGNANCY MASSAGE FOR COUPLES WORKSHOPS



Steinberg Wellness Center for Mind and Body

at Emerson Hospital
310 Baker Ave. Concord, MA 01742
978-287-3777

<https://www.emersonwellness.org/>

TWO-WEEK STUDIO SESSIONS

- SUNDAY FEBRUARY 4 & 11, 2024 2PM-4PM
- SATURDAY MARCH 2 & 9 2024 2PM-4PM
- SUNDAY APRIL 7 & 14 2024 2PM-4PM

CONTENT

Nurturing touch is as fundamental and as critical to healthy development as food, water, and air. The skills, and principles covered in this 2-day workshop include the prenatal, labor, and postpartum phases of the childbearing year. The infant benefits in-utero both from the physical comforts the mother experiences due to the biochemical effects of her relaxation response and the energetic expansion resulting from the focused attention of both parents. This workshop is an investment in your family that pays dividends of health in the years to come.

BENEFITS TO THE MOTHER

- Alleviation of stress on weight-bearing joints and musculo-fascial structures
- Reduction and alleviation of neck and back pain caused by compromised posture, muscular tension and imbalance
- Addresses the specific needs of back labor
- Development of the sensory awareness necessary to kinesthetically embody the birth process and utilize the breathing apparatus in the birthing process
- Emotional support and physical nurturing

REGISTRATION \$300.00 PER COUPLE

<https://www.emersonwellness.org/>

OR

Contact the instructor.



JAI KAUR

WWW.JAIKAURHEALINGARTS.COM

781-738-1920

For 30+ years Jai Kaur has practiced most forms of massage and bodywork therapy, incorporating the healing arts and health sciences. She specializes in massage for each stage of the child-bearing years and is highly skilled in helping others with self-care, fitness, creativity, and contemplative practice.