During the "MotherMassage®: Massage, During Pregnancy" certification workshop, you learn the anatomy and physiology of pregnancy, labor and postpartum, as well as the skills and bodywork techniques necessary to massage your clients competently from their first trimester through labor and postpartum recovery. Hands-on work includes full body massage in five different positions: side-lying without turning the client; side lying turning to the opposite side; side-lying to supine; sitting and using the bodyCushion System ™, labor support massage and postpartum massage therapy. Appropriate draping and practitioner body mechanics are discussed. Hand-saving massage techniques are explored. Special attention is paid to high risk pregnancy care and treating the most discomforts of pregnancy. The contraindications and precautions of prenatal massage are discussed in detail.

A variety of bodywork systems such as Swedish massage, acupressure, trigger point therapy, deep tissue, myofascial release, reflexology, proprioception, etc. are used. Marketing and promotional strategies are discussed to help increase your specialized practice. Visit http://mothermassage.net/ for more information.

Instructor: Elaine Stillerman, LMT

Dates & Times: Friday through Sunday, June 28-30, 2013 / 9AM – 6PM Friday & Saturday, 8:30AM - 3PM Sunday.

Location: Syracuse Campus – 719 East Genesee Street – Syracuse, NY 13210

Tuition: $425 for early registration. Participants taking this class for a second time will be discounted $25.00 per day, totaling $350.00. A late fee of $475 will be imposed on any individual who registers within two weeks of the class. All registrants are required to pay in full at the time of registration to be confirmed in the class.

CE Hours: 24

Minimum Enrollment: 12

Required Text: Prenatal Massage: A textbook of Pregnancy, Labor and Postpartum Bodywork (Stillerman, Mosby, 2008), $42.95. Please review it before class; especially the chapters on anatomy and physiology.

Required Supplies: Two large towels, two small towels, four sheets, two standard size pillows and one small pillow, unscented lubrication and a notebook everyday. You must print out the electronic version of the course manual and bring it to class daily. Use 3-hole paper and fasten it or put the manual in a three-ring binder.

Cancellation Policy: Cancellation by a student two weeks or less prior to the seminar will result in forfeiture of their deposit, or it may be applied to the next MotherMassage® seminar offered at the school.