

Pregnancy Massage

This 30-hour course prepares body workers to provide support for the mother to be and the prenatal/infant. The in utero period is a time of profound growth for the developing fetus which catalyzes a host of hormonal changes and

musculoskeletal adaptations for the pregnant mother. This course will offer a wide range of techniques drawing from Swedish, Deep Tissue Muscle Sculpting and Polarity Therapy. Throughout time, many traditional cultures have utilized prenatal bodywork as a means to create peaceful beginnings for parents and child. Bodywork can be highly effective in facilitating an easeful pregnancy, and a continuous bond between mother, father and child. The course includes classroom training and additional clinical experience with pregnant women. Pregnancy massage involves side posture techniques with ample bolstering therefore students will be required to bring 4 standard pillows, 2 sheets, and oil to class daily.



Students will learn:

- Modified supine and side posture
- Massage techniques specific for each trimesters of pregnancy
- Anatomy and physiology of changes that occur during each trimester
- Deep tissue techniques to ease musculo-skeletal adaptations related to pregnancy

Pregnancy Massage 30 hrs with Katie Mickey and Mary Sullivan

Class: Oct 14-Nov 4 (Mon, Wed) 9:00am-12:45pm

Clinic: Nov 6 (Wed) 1:00-4:45pm

Reg Fee: \$42 Tuition: \$420

Instructors:

Katie Mickey, HHP, RPP

Katie is the Director of the BTI and has been instructing a wide range of classes since 1989. She provided the massage training for fathers-to-be and their pregnant wives as well as professional massage therapists participating in a medical research study, involving faculty, students and staff from Saint Francis Hospital, Fielding Institute and UCLA Medical School. The research study documented massage's ability to lower anxiety levels among pregnant women and enhance bonding between mother, father and prenat.

Mary Sullivan LAC, MFCC, RPP

Mary has been practicing massage and bodywork since 1977. Her educational background includes the Alive Polarity Foundation, a Master's Degree in Counseling Psychology and a degree from the Santa Barbara College of Oriental Medicine and extensive training through the Hugh Milne Institute in Craniosacral Therapy. She maintains a busy private practice as a licensed acupuncturist and bodyworker in Santa Barbara, Fresno and North Fork.

Aparna Khanolkar, Ayurvedic Lifestyle Counselor, Panchkarma technician and postpartum doula brings the Ayurvedic traditional practices to her work with mothers and students. She is the author of "A Mother's Blessing," postpartum care for new mothers. Recently she was interviewed for the National childbirth Summit as one of the experts in postpartum care for new mothers. Aparna practices Ayurveda in Santa Barbara and is the mother of two children. To learn more about her visit www.aparnakhanolkar.com

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)

