

## Side-lying Prenatal Massage

8 Hour Continuing Education

Date: Sunday, February 28th, 2021 - 8:30 AM to 5:30 PM

Location: Empowered Healing Institute, 1615 32nd St NE, Cedar Rapids, IA 52402

Instructor: Katie Metcalf BBA, LMT, Birth Doula

### Description:

This continuing education course reviews the history and beneficial uses of prenatal massage. Included are a collection of techniques used to reduce pregnancy discomfort, to help with stress and anxiety during pregnancy, and to facilitate labor. Contraindications and precautions for prenatal massage should be followed closely.

### Objectives:

By the end of the course, Participants will be able to:

- Correctly administer a full body side lying massage
- Identify benefits & contraindications of prenatal massage
- Understand the history & origins
- Track the maternal & fetal development from beginning of fertility through postpartum.
- Acknowledge common issues or concerns that arise physically, spiritually, and mentally in relation to pregnancy.