

Pregnancy Massage Course Outline

The Pregnancy Massage course covers the theory and practice of pregnancy massage. It follows on from foundation diploma courses in Anatomy, Physiology & Holistic Massage.

Topics include:

- A basic overview of anatomy and physiology in pregnancy.
- Advice and guidance on contraindications for pregnancy massage.
- Oils used during pregnancy massage.
- Different positions for massaging pregnant clients.
- Massage techniques to help relieve common ailments experienced in pregnancy.
- Advice on presenting labour massage to pregnant clients and their birthing partner.