

An Intensive 32-hour Prenatal Massage Course

Are you expecting..... pregnant, laboring or postpartum clients? Well then, this is the course where you will:

- Grow confident and competent in prenatal, labor and postpartum MT!
- Distinguish yourself as a maternity specialist!
- Open your heart and your practice to nurturing the births of mothers and their babies!
- Establish a profitable and gratifying clientele focus, for a lifetime

Most of us enter therapeutic massage and bodywork with a purpose; we want to help relieve suffering, maximize health, and promote peace. There's no better time to start that healing effect than during gestation...as an expectant woman and her baby make their first bonds...while she brings her infant from inside into her arms... as she explores what being THIS baby's mama means...during the new family's creation. Supportive touch correlates with less violent and more peaceful societies. Now that's a purpose to be passionate about!

What will we learn in these 4 days?

- Intensive practice of specific perinatal techniques used clinically for over 30 years
- Skills to meet women's physical and emotional childbearing needs
- Understanding of all phases of maternity MT care: pregnancy, labor and postpartum, normal and not-so-perfect pregnancies
- Positioning, techniques and powerful, subtle touch that are superbly applicable to many other specialty client populations
- Guidance in career- protective body mechanics and techniques
- Purpose, focus & financial infusion into your work
- Inclusion into a distinguished community of high caliber MT professionals
- The in-person training that many employers require and that you need to apply for certification

What will you learn?

1. How to enhance the maternity experience and healthy outcomes
2. Detailed Anatomy & Physiology
3. The value of autonomic sedation for childbearing and how to promote it
4. Techniques to alleviate most prenatal, labor & postpartum complaints
5. Attitudes and information that encourage normalcy, well-being and women – centered care

6. Assessment & adaptations for medically complicated and high risk pregnancies
7. Skills to increase clients' kinesthetic awareness and readiness for birthing and mothering
8. Massage therapy to facilitate relaxation, pain reduction and progress during labor
9. Ways to restore and rebalance a postpartum woman's abdomen, movement and emotions
10. Techniques that reduce strain of childcare activities
11. Relevant research, ethics, and collaboration for integration into perinatal healthcare and other work environments

Why take this prenatal massage class?

- We are learner-friendly, award winning & experienced educators
- And we like to have fun while focusing on learning
- We don't just lecture; we are committed to YOU actually embodying the work
- We respect your investment of time and resources to be with us
- That means we are on time, organized, efficient, and on-topic...well, almost always
- You get an education woven with the wisdom of over 40 years of MT experience

The instructor....

About Margi Hadorn

BS, LMT

I have been a massage therapist for more than 30 years and have worked as a prenatal massage therapist for 21 years.

In 2000, I had the privilege of becoming certified in Pre- and Perinatal Massage Therapy with Carole Osborne. Since that time, I've nurtured pregnant clients, moms and babies with massage and infant massage instruction. In addition, I was an assistant for Pre- and Perinatal Massage Therapy specialization workshops and benefitted tremendously from Carole's direction and knowledge of pregnancy, prenatal massage, labor, birthing and postpartum care.

I completed a teacher training course for Pre- and Perinatal Massage Therapy and am now an authorized instructor. I plan to continue this work in the massage room and the classroom to increase the awareness of the tremendous impact it has on moms, babies, families and communities.

My experience as a research assistant for the third edition of *Pre- and Perinatal Massage Therapy: A Comprehensive Guide to Prenatal, Labor and Postpartum Practice* by Carole Osborne, Michele Holland and David M. Lobenstine has augmented my other pre- and perinatal massage therapy education. In addition, I collaborated with my fellow authorized instructor, Pam Guldi, in conjunction with Carole Osborne, to develop and adapt "The Advantages of Sidelying Positioning Introduction" as an online course.

I also am certified as an educator of infant massage and have extensive oncology and hospice massage training. I received my massage therapy certification from Bancroft School of Massage Therapy, Worcester, MA in 1989. I am a professional member of the AMTA and licensed in Massachusetts. I have a bachelor's degree in Exercise Science from Lyndon State College in Vermont.

When I'm not working, spending time with my husband and four daughters is my favorite thing to do. I enjoy hiking and exploring new places.