

INFANT MASSAGE WORKSHOP

Presented by:

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November 8, 2009

10:00am - 12:00pm

Numerous studies have found that massage plays a significant role in promoting the proper growth and healthy development of infants. Physically, massage stimulates the nerves, increases blood flow and strengthens the immune system. It can relieve a host of childhood complaints from colic to constipation. A daily rubdown on a baby's belly, for example, helps work out gas and regulates digestion. Massaging the chest may ease congestion. Gently stroking an infant's face can improve his/her ability to suck. Most of all, massage is good for parent-child bonding. Learn here. *Register now! Space is limited.*

\$50 Per Couple. \$75 at the Door.

\$30 Individual. \$50 at the Door.

Registration Form

Name: _____ **Email:** _____
(Please Print)

Address: _____ **Zip:** _____ **Ph:** _____

Due Date: _____

Send to: Kingwood Yoga and Wellness Center, 4433 Town Center Place, Kingwood, TX 77339 by November 1, 2009. Cash or check only.