

Registration Form

Please enroll me in the Mothercare Massage Course to be held on ____/____/____.

Name: _____

Address: _____

Post Code: _____

Ph: (H) (____) _____

(W) (____) _____

Email: _____

I will / will not be able to bring a massage table.

I am / am not currently pregnant?

I know a pregnant friend who might like to be involved for 2 hrs on day 2.

My current level of training and or qualifications in Massage Therapy/ Health or related field is;

Special needs: (food etc)

I have included my \$150 dollar non-refundable deposit. I understand that I must pay the balance of the registration fee in full at least four weeks prior to course commencement to confirm my position.

Signed: _____ / ____ / ____

VENUE

The Pavilion
Kiama Showground
Kiama NSW

www.mothercaremassage.net

Course Structure

1. Complete self directed pre-course activities
2. Attend 2 day workshop
3. Complete post-course examination & Case studies

2011 Workshop details

Date: Saturday & Sunday

21st & 22nd May 2011

Registration cost: \$450.00

Time: Approx 9:30am till 4:30 pm

- Non-refundable \$150 required to secure your position
- To be returned with registration form.
- Balance to be paid at least four weeks prior to commencement date.

Payment options

Check Money order Direct deposit



Certificate Course

Apryl Shannon B. Nursing,
Dip H.Sc (M.T)

Pregnancy Massage Education

The Pavilion Kiama
2011

21st & 22nd of May

**PRENATAL MASSAGE
COURSE**

Book early to ensure your place.
Numbers strictly limited.

About Pregnancy Massage

Pregnancy is a state of wellness associated with many changes that occur throughout the woman's body as the fetus develops. Massage Therapy is an effective form of adjunctive health care at this time, contributing a wide range of benefits to the expectant mother and her baby. Some of the changes that occur throughout the consecutive trimesters produce pain, discomfort and concerns that can be addressed with appropriate massage therapy & complimentary approaches.

Pregnancy massage can safely, comfortably and effectively relieve much of the increased physical stress and discomforts of pregnancy.

Massage stimulates circulation and is one of the few safe, effective and drug free ways of reducing postural discomfort and back pain.

In many cultures and throughout history massage has been a vital ingredient in the health care of pregnant woman.

Course Convener

Apryl Shannon has a degree in Nursing from the University of Wollongong and is a graduate of the Illawarra Institute of Technology Diploma of Health Science (Massage Therapy).

Apryl has conducted extensive research into the field of pregnancy & postnatal massage and has taught at Moss Vale Campus of TAFE as well as conducting interstate & international courses.

A mother of two Apryl has experienced the value and benefits of both giving and receiving massage during pregnancy.

The Mothercare Massage Prenatal course is the product of this research and provides the practitioner with the confidence and skills to safely and effectively treat pregnant clients.

About the Mother Care Course

Mother Care Massage Sequence

The Mother Care Massage Sequence is a specifically designed one hour sequence of massage therapy techniques, that can be adapted to the specific stage of pregnancy and the individual requirements of the client.

After completing this two day course you will;

- Learn how to drape and position your client for maximum benefit and comfort.
- Gain the confidence to treat your client at each stage of their pregnancy.

Course Content

- Anatomy & Physiology of Pregnancy
- Contraindications to massage
- Stress, Relaxation & Pregnancy
- Positioning and Client Care
- Mother Care Massage Sequence

Pre-requisites

You will need to have completed a basic course in Swedish Massage Therapy with at least 18 Hrs of human anatomy & physiology.

Further Information

For more information contact;

Massage Australia

Ph: 0414966781

FAX: (02) 42975678

Apryl Shannon:

apryl@iprimus.com.au

Mothercare Massage

13a Wandella Crs

Flinders 2529 NSW

Ph: 42975678

(M) 0414966181

Please return application form with payment to;

Apryl Shannon
Pregnancy Massage
Education
13a Wandella Crs
Flinders 2529 NSW
Australia

Kiama Venue

☐ 21st & 22nd May

REFUND POLICY

Initial deposit of \$150 is non-refundable. Cancellations with less than two weeks notice prior to scheduled date of course commencement will result in a nil refund. Notice of cancellation four weeks prior to course commencement will incur a 50% cancellation fee. Cancellation with more than four weeks prior notice will receive a full refund. To avoid cancellation fees participants may choose to attend an alternative course at a later date, availability permitting.

I have read, understand and agree to be bound by the Mothercare Massage refund policy.

Signed: _____ Date: __/__/__