



Onondaga School of Therapeutic Massage Continuing Education 2010

MotherMassage®

During the "**MotherMassage®: Massage, During Pregnancy**" certification workshop, you learn the physiology of pregnancy, labor and postpartum, as well as the skills and bodywork techniques necessary to massage your clients competently from their first trimester through labor and postpartum recovery. Hands-on work includes full body massage in side-lying position, labor support massage and postpartum massage therapy. Appropriate draping and practitioner body mechanics are discussed. Special attention is paid to high risk pregnancies and treating the most common discomforts of pregnancy (i.e. lower back pain, sciatica, carpal tunnel syndrome, etc.). The contraindications of prenatal massage are discussed in detail.

A variety of bodywork systems such as Swedish massage, acupressure, trigger point therapy, deep tissue, myofascial release, reflexology, etc. are used. Herbal remedies and nutritional supplementation are discussed along with marketing and promotional strategies to help increase your specialized practice. Insurance considerations are also explained.

Instructor: Elaine Stillerman, LMT

Dates & Times: Friday thru Sunday, May 14-16, 2010 / 9AM – 6PM Friday & Saturday,
8:30AM - 3PM Sunday.

Location: Syracuse Campus – 719 East Genesee Street – Syracuse, NY 13210

Tuition: \$425 up to one week prior to class start date, \$455 thereafter; due at time of registration. Alumni Association members receive a 10% tuition discount.

CE Hours: 24

Minimum Enrollment: 12

Required Text: *Prenatal Massage: A textbook of Pregnancy, Labor and Postpartum Bodywork* (Stillerman, Mosby, 2008), \$42.95. Please review it before class; especially the chapters on anatomy and physiology.

Required Supplies: Two towels, two sheets, two pillows, unscented lubrication and a notebook.

Cancellation Policy: Cancellation by a student two weeks or less prior to the seminar will result in forfeiture of their deposit, or it may be applied to the next MotherMassage® seminar offered at the school.

