

Baby Massage Classes at Gumbellinas 0 - 6months

January - February 2012 Timetable - Tuesdays

11:30am - 12:15pm		
Starts:	Week 1	24 January
Continues	Week 2	31 January
Continues	Week 3	7 February
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Starts:	Week 1	14 February
Continues	Week 2	21 February
Continues	Week 3	28 February

3 Week Baby Massage Course

\$75 (\$25 per class) Includes notes. Learn all about the benefits of massage, the proper techniques/strokes, how to help relieve colic, wind and constipation. Plus learn some great lymphatic exercises, and what to do as your baby grows.

2:00pm - 2:45pm	
24 January	
31 January	
7 February	
14 February	
21 February	
28 February	

Introductory Massage Class

\$29 Includes notes. Learn the basics of massage in 45 minutes, including when to massage, strokes for legs, tummy, arms and back.

Book a place during January or February and receive a 20% discount.

Bring a friend and receive a further 5% discount

March - April 2012 Timetable - Tuesdays

11:30am - 12:15pm	
6 March	
13 March	
27 March	
3 April	
17 April * school holidays	
24 April	

Introductory Massage Class *

\$29 Includes notes. Learn the basics of massage in 45 minutes, including when to massage, strokes for legs, tummy, arms and back.

Book a place during March or April and receive a free coffee

2:00pm - 2:45pm		
Starts:	Week 1	6 March
Continues	Week 2	13 March
Continues	Week 3	27 March
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Starts:	Week 1	3 April
Continues	Week 2	17 April *school holidays
Continues	Week 3	24 April

3 Week Baby Massage Course *

\$75 (\$25 per class) Includes notes. Learn all about the benefits of massage, the proper techniques/strokes, how to help relieve colic, wind and constipation. Plus learn some great lymphatic exercises, and what to do as your baby grows.

Bookings essential

Infant Massage Oil - pure organic sesame oil - available to purchase \$16

* Note - times of classes/courses during March-April have alternated from January-February