

Baby Massage Classes

with **Diane Tyrrell** IAIM Massage Instructor

5-week course - 10am to 11.30am

Course Fee: **£75**

All equipment and refreshments included.

Small groups up to 6, babies from one month to one year



Benefits of Massage:

- .. Enhances Infant-Parent attachment or 'bonding'.
- .. Soothes and calms baby and relieves stress.
- .. Helps to relieve colic, wind, constipation and aids digestion.
- .. Promotes better sleep and boosts immune system.
- .. Improves blood circulation and balances respiration.
- .. Facilitates body awareness.
- .. A relaxing and pleasurable experience for both parent and baby.

To reserve a place on the course: please ring **Diane Tyrrell on 07792 423502.**
Then complete and return the Booking Form below with your payment to:
The Upminster Sanctuary (Baby Massage Course), Pea Lane, Upminster, RM14 2XH

Booking Form

I would like to attend: **Baby Massage Course**
5 weeks commencing (please insert day/date) :

Name: _____

Address: _____

Postcode: _____

Telephone: _____ **Mobile:** _____

Email: _____

I enclose cash/cheque for: £75 course fee or £25 deposit

Cheque payable to Diane Tyrrell

£ _____

*If you intend to pay the balance by cheque, please allow 2 weeks prior to course start date for funds to clear.
For last minute bookings, please pay the balance in cash on the day.*

Signature: _____ **Date:** _____