

# Pregnancy Massage



This 30 hour course prepares body workers to provide support for women in childbearing years, mothers to be and prenatal/infants. Throughout time, many traditional cultures have utilized prenatal bodywork as a means to create peaceful beginnings for parents and child. Students will learn a wide range of bodywork techniques including:

- Acupressure points specific to each trimester as well as labor
- Side Posture and Semi Reclined Swedish Massage
- Deep Tissue Muscle Sculpting for area specific work
- Deep Perineal Balancing for releasing trigger points in the perineum in preparation for easeful labor
- Polarity Therapy for hormonal balancing



**2024 Class:** Thurs April 4-May 2nd, 9am-1:30pm

May 9, 9-1:15 pm

**Clinic:** May 9th (Thu) 1:45-5pm or May 20<sup>th</sup> (Mon) 10-1:15pm

**Reg Fee:** \$50    **Tuition:** \$600

**Course text and supplies:** Handouts, 2 pillows and sheets



**Kathleen Mickey, HHP, RPP, CAMTC #18289**

Katie has served as Director and core instructor of the Santa Barbara Body Therapy Institute for over 34 years. During that time she has trained over 3000 students in the Institute's many programs. She has also served as School Advisory Committee member to the CAMTC. Her educational background includes UCSB, Santa Barbara College of Oriental Medicine, the Institute for Holistic Healing, the Body Therapy Institute, the School of Intuitive Massage, Castellino training and the Center for Nonviolent Communication. She maintains a private bodywork practice.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

**Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103**

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