



Infant Massage Instruction Class at



NORTHSTAR
PILATES SOLUTIONS, LLC™

THE PREMIER PILATES CENTER OF WNY

Learn How to Massage your Baby!

Wednesdays @6:00-6:45 p.m.

2 day series

Day 1 you will learn specific massage technique and stretches for a general full body massage

Day 2 is focused on applying the techniques learned in the 1st class to address common health concerns. Learn fun stretches put to nursery rhymes as well as receive answers to any questions you may have.

New classes start the 1st and 3rd Wednesday of every month

Space is limited. Call to reserve your spot

630-9700

Northstar Pilates
2801 Wehrle Dr Ste 12,
Williamsville, NY 14221

Benefits of Infant Massage

For baby:

- Relaxes infant
- Aids in growth and development
- Improves immune function
- Increases alertness

For Parents:

- Enhances bonding
- Promotes communication
- Decrease post-partum depression
- Helps 1st time parents feel more confident in their new role

Classes are:

- For infants ages 8 weeks and up
- Up to 2 adults per child
- 30-45 minutes depending on babies tolerance
- Massage is done on floor, parents asked to bring blank, pillow or bobby to work on