



INFANT MESSAGE

MMT Class Series:
Discover Infant Massage



Learn infant
massage techniques

...because TOUCH is the infant's
first form of communication.



Discover & Rediscover

...the nurturing touch that
promotes healthy bonding,
improves concentration,
relieves digestive, colic,
circulatory discomforts, builds
trust, betters communication!



A wee bit about
the instructor...

- Certified Infant Massage Trainer (IAIM)
- Insured Licensed Massage Therapist (ACTMD)
- Registered Birth Assistant (AQAN-QAD, MBC)

Charmaine Carvalho
MontrealMT.com

Discover Infant Massage® MMT CLASS SERIES



“
I actually calm him
down in the metro
by massaging his
toes. It's the best!
”

The requisites

What do I bring?

- 1 thick blanket for baby to lie on
- 1 yoga mat for you
- 1 wee bag of baby's favorite toys
- 1 giant open mind



How to register

VERDUN: Tuesdays

LAVAL: Wednesdays

MONTREAL: Thursdays

For upcoming dates, visit montrealMT.com

Register now...

\$50 groups / \$100 private

support@montrealMT.com

(514) 813 8561 (vm/text)

Discover Infant Massage (FB event!)



mmt

The MMT Class Series...

- * Two 90-minute or five 60-minute massage training sessions
- * Over two or five consecutive weeks
- * Choose between groups of five to ten participants OR private classes
- * Includes healthy snacks

“
My baby girl
cries much less now
when I change
her diaper.
”

“
My child had
a more restful
sleep...
Thank you...
”

The participants...

- Infants from 0 - 12 months of age
- One or both parents may attend. The Discover Infant Massage® classes are designed to enhance infant bonding with the primary caregiver. You massage your baby at all times
- Each parent is welcome to one guest
- Special groups created for premature babies or infants needing extra care