



Hello Lovely mum

Thank you for your payment and enrolment form .

Its great you have decided to join the class and I know you are going to love it as much as I do.

Over the 5 weeks you will learn 40 different strokes, when the best time is to massage, how to read your baby's cues and much more. You'll also receive support with feeding from a Lactation consultant. We have discussion times together on different topics and we finish with yummy cake and coffee while the babies sleep after their massage.

The classes are designed to work around your baby's needs, so they can sleep and feed or even cry whenever they need to. You can turn up earlier if you need to feed your baby so that you can be relaxed when the class begins.

NOTE: Dads and grandparents come for FREE! Even if there is only one class they can make it to, then bring them along.

Temporary Venue: The Old Mingara building 22 Adelaide street Tumbi

Course includes

- 5 x 1.5 Hour instructed classes
- 125ml bottle of Certified Organic massage oil
- Laminated sheets with all the strokes
- Feeding support from a Lactation consultant.
- Morning Tea provided.

Everything you need is supplied. Just bring your nappy bag and whatever you normally take out with you.Plenty of easy parking and access. Feel free to bring your pram in.

I look forward to meeting you both soon.