

Infant Massage Classes

with Karen Axelrod, CACMT, CST-D

State-Certified Massage Therapist & Instructor, CranioSacral Therapist

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Why Infant Massage?

Your baby will experience vital developmental and psychological growth in his or her first year. Massage provides an opportunity to give your baby extra nurturing so that he or she has the best possible start in life. The benefits of infant massage include:

- Promotes bonding and attachment between parents and baby. One-on-one communication and touch instills a message of love and security to your baby.
- Enhances cognitive performance (memory, attention, concentration, language, perception).
- Stimulates motor coordination (crawling, standing, reaching, holding, eye-hand coordination, control of head).
- Improves sleep patterns.
- Reduces crying and irritability from colic.
- Strengthens digestive, circulatory, immune, and central nervous systems.
- Reduces gas and difficulties with breastfeeding.
- Relaxes the infant, lessening tension and stress.

What You'll Learn:

In this two-hour class, you'll learn a combination of Swedish strokes, acupressure techniques, and yoga stretches that can be combined into short or long massage sessions to stimulate or relax your baby—depending on his or her needs. You'll also learn to “read” your baby and be more in tune with his or her nonverbal cues. Note: special-needs children of all ages are always welcome!

When, Where, Cost:

| Hermosa Beach | Manhattan Beach | Torrance |
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| Wednesday afternoons at <i>The Nest</i> , BCCF classrooms, 730 11 th St., Hermosa Beach, CA 90254 | Tuesday afternoons at <i>Life Chiropractic</i> , 868 Manhattan Beach Blvd., Manhattan Beach, CA 90266 | Tuesday mornings at <i>Torrance Memorial Medical Center</i> , 3330 Lomita Blvd., Torrance, CA 90505 |
| Jan. 18, April 11, Aug. 15, or Dec. 12, 2012. Time: 1:45 – 3:45 p.m. Two-hour class. Cost: \$40 | Feb. 14, June 5, or Oct. 9, 2012. Time: 12 noon – 2 p.m. Two-hour class. Cost: \$40 | May 8, July 10, Sep. 11, or Nov. 13, 2012. Time: 10 a.m. – 12 noon. Two-hour class. Cost: \$45 |
| Call 424-203-3224 to register. | Call 310-376-0113 to register. | Call 310-517-4711 to register. |

Other dates/times can be arranged for Mommy & Me or play groups, or private lessons in your home.

What to Bring:

Parents should bring a pillow on which to lay the baby, a changing pad, a receiving blanket, a hand towel or cloth diaper, and a bottle of scent-free natural massage oil. And, of course, bring a baby!

How to Register:

Call the numbers listed above to register for an infant massage class. To schedule other classes, private lessons, or for more information on holistic bodywork, call Karen Axelrod at 310-376-0113.