

Baby Massage Workshop - 3 to 6 months

This workshop will guide you through the Yinside baby massage routine. By the end of the 2.5-hour session, you'll be able to confidently perform the massage whenever you wish. You'll also have the opportunity to share experiences with other caregivers and enjoy a pleasant, engaging time together.

During the workshop, you'll learn:

- What is baby massage and why it's so beneficial
- The effects and advantages of baby massage, including promoting bonding, improving health, enhancing sleep, and more
- The optimal times for giving a massage
- The best places to massage your baby
- How to prepare for the massage
- Self-care practices for caregivers
- A step-by-step guide to performing the Shantala baby massage
- Aftercare recommendations
- Tips for relieving constipation and cramps
- Advice on using massage and essential oils

Where

When

Sign up: info@yinside.nl / www.yinside.nl



What you will need

A soft blanket and few towels
Comfortable Clothing: Wear comfortable, loose-fitting clothes that allow you to move freely.

Short Nails
A Calm Attitude

I will provide:

Warm Room
Massage Oil
Relaxing Environment
Time and Patience

Why Baby Massage?

Reduces crying
Promotes deeper sleep
Alleviates discomforts like cramps and gas
Baby massage stimulates your baby's senses and supports their overall development.
It strengthens the bond between parent and baby through loving touch and eye contact.

Barbara Falorni :
Inspirational Trainer
Mindbody Facilitator,
Massage Therapist
Creator of 2b in Your
Body Program



Private session : 1 of 2 caregivers (60 min): €80
Private session at Home : Extra travel cost.
Workshop (max. 4 baby's, 2,5 uur): €65 per baby, with 2 caregivers

Yinside - The art of simplicity

