



mothercraft™  
ottawa

## Prenatal Thai Massage Workshop

Thai Massage is a simple and nurturing art form that supports wellness and relaxation. In this 2.5hr workshop, you will learn a sequence for safely supporting your pregnant partner at any stage of pregnancy. The receiver is encouraged to relax completely while being moved passively through a series of stretches and positions, not unlike yoga poses. Thai Massage is helpful in alleviating pregnancy related tension and discomfort and encouraging deep relaxation. Taught by a Registered Massage Therapist and Thai Massage Practitioner with over 15 years of teaching and practical experience.

Dress comfortably and bring a water bottle.

### TIME~LOCATION~ SCHEDULE

Click [here](#) to register.

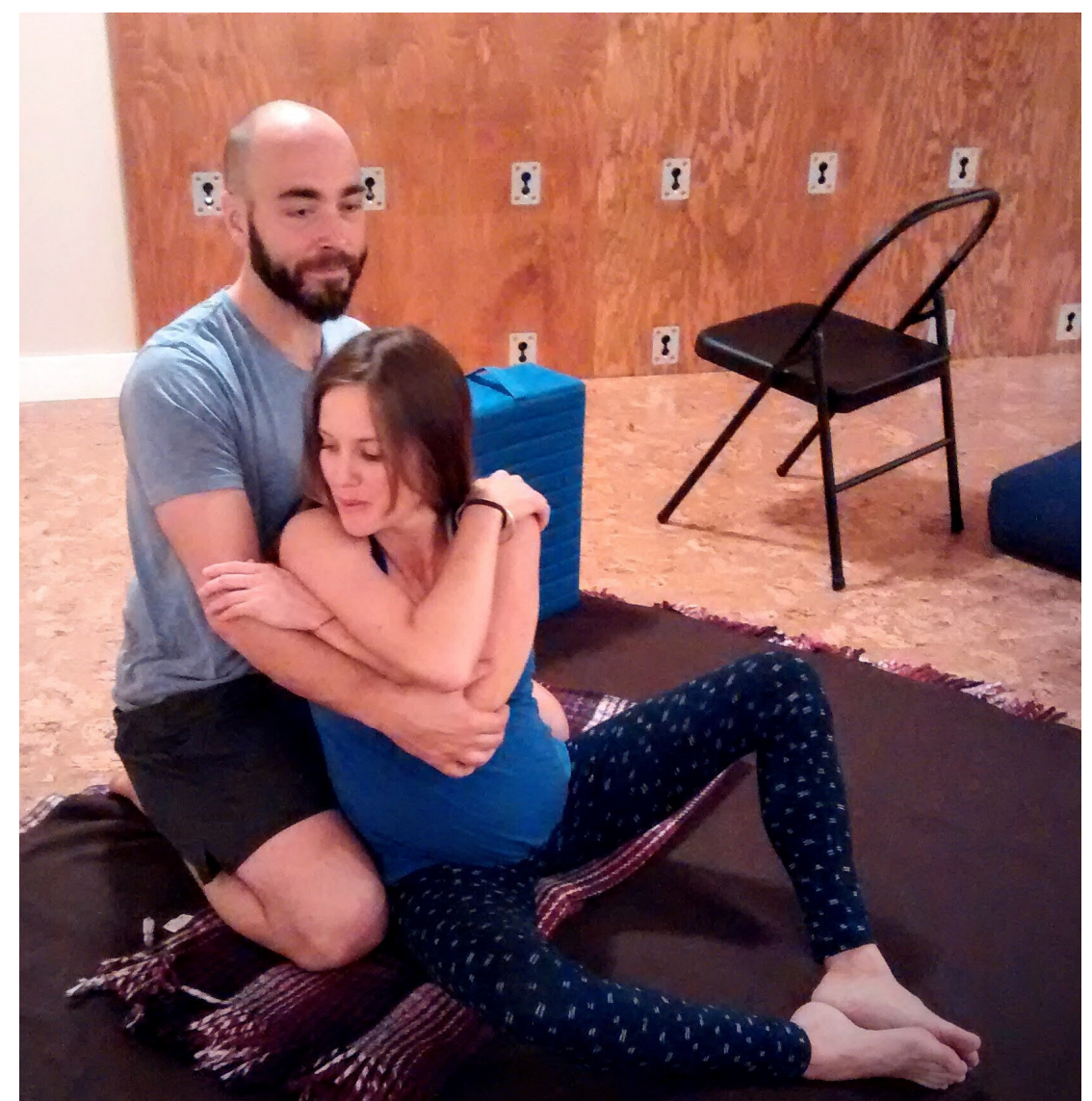
Registration and full payment required before classes begin.

475 Evered Ave.  
Sunday February 16  
10:00am-12:30pm

Sunday April 19th  
10:00am-12:30pm

Sunday June 28th  
10:00am-12:30pm

FEE  
\$75/couple



For more information:  
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613-728-1839

Mothercraft is a scent free and nut/peanut free facility