



# Infant Massage and Mindful Parenting Series

This 2 class series combines elements of mindfulness, gentle movement for both parent and baby, as well as infant massage techniques. Learn the fundamentals of infant massage while exploring ways to incorporate self-care and mindful parenting into your day to day life. This class is best suited for pre-crawling infants. This series includes handouts and contact with your instructor via telephone/email to answer any additional questions. Dress comfortably.

## TIME~LOCATION~ SCHEDULE

**To register, click on your preferred date.**

Registration and full payment required before classes begin.

### 75 Waterbridge Dr.

Saturday January 11th & 18th  
1:00pm-2:00pm

Saturday February 8th & 15th  
1:30pm-2:30pm

### 475 Evered Ave.

Monday January 20th & 27th  
10:00am-11:00am

Monday March 23rd & 30th  
10:00am-11:00am

## FEE

\$40/series



For more information:  
[www.mothercraft.com](http://www.mothercraft.com)  
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613-728-1839

Mothercraft is a scent free and nut/peanut free facility