



# Couples Massage Class

"It's all about the power of touch, which the medical profession is starting to learn has amazing healing properties." Dr. Brad Stuart-Medical Director, Sutter Visiting Nurse Association and Hospice\*

**Deep tissue, reflexology, shiatsu, acupressure, Swedish and trigger point. The names read like a bizarre list of wrestling moves or maybe the menu at a sushi restaurant. But they're really a "hit list" for the different options in massage therapy -- a growing trend among patients open to alternative forms of health care or for those just looking to feel better.\***

**Bring your partner to this class and discover a new way to relax in addition to relieving stress and minor aches and pains. In this workshop, couples will learn to give each other a full-body massage in this hands-on class. Lecturing will be kept to a minimum and will emphasize massage techniques and communication skills needed to explore this new way of relating. Lessons will be light-hearted and will include different techniques to soothe aches and pains or to develop relaxation. *Class enrollment is limited, so sign up NOW!***

\* <http://archives.cnn.com/2000/HEALTH/alternative/12/28/massage.therapy/>

Date: **Thursday, October 20, 2005**

Time: **6:30 — 9:30p**

Fee: **\$50/couple**

Instructor: **Wendy Ruggiero**

Location: **Hands-On Therapy, 1804 North Galloway Avenue, Suite A, Mesquite 75150**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

[Please include street #, street name, city and zip code.]

Home Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name/Number: \_\_\_\_\_

Method of Payment:

**Check/MO**

**Visa**

**MasterCard**

[Circle one. If paying by credit card, please complete information below.]

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Credit Card account number.

Expiration date.

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# Infant Massage Class

**Touch is the first communication a baby receives. This class will teach parents how to share at-tuned, interactive massage and touch communication with their infants and children. Swedish strokes, reflexology, and yoga along with Indian massage strokes make up the curriculum for teaching parents the art of infant massage. Infant massage can offer the following benefits:**

- **Relaxes Your Infant** - A loving touch lessens tension, fussiness and irritability. Digestion is aided and this can provide relief of gas and colic. Massage is also a wonderful way to lessen stress for both the parent and baby.
- **Enhances Bonding** - Touch conveys nurturing and love, the essential ingredients for emotional and physical growth and well being.
- **Aids Growth and Development** - Studies have shown increased weight gain and immune function. The growth of nerves is also increased. These things, in turn, are needed for brain and muscle development.
- **Promotes Communication** - Parents become more aware of baby's nonverbal cues. One-on-one communication instills a message of love and security.
- **Improves Baby's Sleep** - As your infant learns to relax and release stress, sounder and longer sleep is often the end result for parent and infant.\*

**Both parents can attend. *Children must be age 6 months to non-crawler.***

\* <http://www.childbirth.org/articles/baby/infantmassage.html>

Date: **Saturdays, October 22 thru November 5, 2005**

Time: **9:00 — 10:00a**

Fee: **\$75**

Instructor: **Wendy Ruggiero**

Location: **Hands-On Therapy, 1804 North Galloway Avenue, Suite A, Mesquite 75150**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

[Please include street #, street name, city and zip code.]

Home Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name/Number: \_\_\_\_\_

Method of Payment:

**Check/MO**

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