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| Whats Different? Classes are run by a Chartered Physiotherapist with 20 years experience, a qualified Baby Massage Instructor, holding a certificate in Baby Yoga and trained in manual lymph drainage.  Sinead is registered with both the ISCP and IAIM.  She has 3 children of her own and wonderful nieces and nephews who are responsible for deepening her love and understanding of little ones!  Fees are redeemable against most healthcare insurances. |  | Sinead Slattery, MISCP 086 3123922  buddingbabies@gmail.com |  |  |
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| Budding Babies  Baby Massage  Yoga based Exercise |

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|  |  | **When and Where?**  Roslevan Shopping Centre, Friday mornings between 9.45 and 12  Private classes for 2 or more can also be arranged in the Corofin/ North Clare area. |  | Deep bonds created in infancy lay foundations for a life of love, trust and dependability. |
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| Baby Massage Between 6 weeks to 8 months (precrawlers) you are invited with your baby to attend a 5 week course in the ancient art of touching and massage.  Benefits include enhanced bonding, improved sleep patterns, relief of trapped wind and constipation, stimulated lymphatics.. 120 euro for 5 classes | **Baby Stim Exercise**  Yoga based exercises designed to enhance baby development through gentle stretches, rhythmic movement and sensory play.  Incorporating songs, rhymes and actions they are an interactive fun filled hour for you and your baby.  Suitable for babies from 3 months to 1 year (walking).  **80 euro for 5 classes** |
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