



Would you like to learn how to help your baby as soon as it has been born?

The Children's Reflexology Programme Antenatal Course



Come along to this short course specially created for couples, or mums, in their third trimester, and learn some basic reflexology techniques that can be used on your baby from birth.

Designed to promote positive bonds between a child and their parents, these gentle, non invasive, techniques help parents to have a practical focus at a time that can often be overwhelming.



Spaces are limited. For more details, and to book a place, please contact me on the numbers below.
More venues coming soon!

