

# COME AND LEARN VIMALA MCCLURE'S INFANT MASSAGE

Tuesdays | Sept. 15 – 29 | Oct. 13 – 27 | Nov. 3 – 24 | 1:45 – 3:00 pm | Fee: \$60 per session



CALL 760.635.3050 TO REGISTER | FOR MORE INFORMATION EMAIL [BSTEVENS@YMCA.ORG](mailto:BSTEVENS@YMCA.ORG)

## THE FAR-REACHING BENEFITS OF INFANT MASSAGE

*from Infant Massage: A Handbook for  
Loving Parents by Vimala McClure*

Infant massage, as it is taught...from Vimala's book...is not a fad. It is an ancient art that connects you deeply with the person who is your baby, and it helps you to understand your baby's particular nonverbal language and respond with love and respectful listening. It empowers you as a parent, for it gives you the means by which you become an expert on your own child and therefore can respond according to your baby's unique needs. Rather than growing up selfish and demanding (though all kids go through such stages), a child whose voice is heard, whose heart is full, and who is enveloped in love, overflows with that love and naturally, unselfconsciously gives of himself to others. He learns what healthy, respectful touch is by being touched that way. He learns self-discipline by watching his parents and imitating them. The deep emotional bonds formed in infancy lay a foundation for a lifetime of trust, courage, dependability, faith and love.

## WHY MASSAGE YOUR BABY?

- To nurture a strong baby/parent bond through safe touch
- For a fun and pleasurable experience
- To learn routines that help relieve colic.
- To pick up helpful hints on how to deal with crying and fussing
- To relax the parent and increase parent's self-esteem.
- To help baby release areas of tension and stress from life or birth trauma
- To boost the immune system
- To improve respiratory function, especially good for asthma
- To aid in appropriate weight gain, proven to help premature babies
- For a smoother and more restful night of sleep

## WHAT DO YOU NEED TO KNOW?

This is a hands-on instructional class for parents with babies, from newborn to crawling. The class is taught by certified massage instructor, midwife and mother of three, **Andrea S. Meyer (IAIM certified)**.

## WHO IS THIS CLASS GOOD FOR?

- For any parent willing to engage in a healthy and loving relationship with their baby
- Great for moms, dads, adoptive parents, foster parents and teen parents too!
- Routines can be adapted for babies with special needs

**WHAT TO BRING:** A soft towel or other comfy to lay your baby down on., a pee pad for under baby (baby may be naked for the massage), a small bottle of massage oil (olive, coconut or almond) and your baby!

**Class consists of three, 50-minute sessions.**

MAGDALENA ECKE FAMILY YMCA  
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*We build strong kids, strong families, strong communities.*

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