



**INFANT MASSAGE WORKSHOP**  
**(Baby-Bonding Time)**

**With Jacqueline Theoret, RMT, HP**

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**WHEN:** Sunday, May 4, 2014      **WHERE:** Holistix (details below)  
**TIME:** 1:00 p.m. – 3:00 p.m.      **COST:** \$50.00 + tax (cash &/or debit)

Pre-registration and Pre-payment is required to ensure your space, and are both required by May 2, 2014.

**SUPPLIES:**

Please bring two pillows, 2 pillow cases, 2 large towels, 1 blanket, and a small bottle of massage oil such as grapeseed oil, coconut oil, sunflower oil or safflower oil.

**WORKSHOP OUTLINE**

1:00-1:30	Introductions, baby massage information
1:30-1:45	15 minute break
1:45-2:15	Performing massage on your baby
2:15-3:00	Questions and answers with tea

At any time feel free to breast feed or do what you need to do for you and your baby

**HANDOUTS WILL BE PROVIDED**

**PLEASE NOTE:**

There needs to be a minimum of 3 adults and 3 infants to run the workshop. Age category for infants is one month to 10 months. Infant can be massaged by either parent, guardian or caregiver who is 18 years or older.

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**HOLISTIX NATUROPATHIC HEALTH CLINIC**  
**3460 Cawthra Rd. Mississauga, ON L5A 2X7**  
**Tel: 905-804-1238**  
[info@holistixclinic.com](mailto:info@holistixclinic.com)   [www.holistixclinic.com](http://www.holistixclinic.com)