

# Baby Massage Course with Tonya Berrington at Saadiyat Beach Club



Baby massage is a long-standing parenting tradition in many cultures and offers a special time to communicate (both verbally and non-verbally) with your baby, enhancing your bond with each other. The course draws from both the Indian and Swedish massage traditions, as well as incorporating principles from yoga and reflexology.

## Benefits for baby

- Helps your baby to feel securely attached
- Helps your baby to feel more loved, valued and respected
- Relief from wind, colic, constipation and teething discomfort
- Reduces crying and emotional distress
- Increases levels of relaxation and can prolong sleep
- Development of body awareness and coordination

## Parental benefits

- Feeling closer to your baby
- Gaining a deeper understanding of your baby's behaviour and body language
- Feeling the relaxing effects of giving your baby a massage
- Increased confidence in your ability to care for and nurture your baby

## About Tonya

Tonya Berrington is from the UK. She was a primary school teacher, but retrained to work with mums and babies after having her little boy in Abu Dhabi. She has been teaching KG Hypnobirthing at Bodytree for the past 4 years and is delighted to have added baby massage to her résumé.

*I have loved helping mums and dads to have a calm and positive attitude to birth through Hypnobirthing. My understanding of the nervous system has been developed further through my baby massage training, and I enjoy empowering parents to better understand how to meet their own child's needs through the power of touch.*

- 🍃 **Date:** Sundays from 2 June– 30 June
- 🍃 **Time:** 10.00am - 11.15am
- 🍃 **Investment:** AED 625 for 5 week course
- 🍃 **Age:** 8 weeks to crawling

All prices are inclusive of VAT.

Book your place by emailing

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