

Pregnancy and Postnatal Massage



Facilitator: Janine Gotzke

About Instructor:

Janine graduated as a massage therapist from Mount Royal University in 2004 and has been practicing since. Starting in 2016, she was an instructor at Mount Royal University's Massage Therapy Program and massage therapy at MaKami College. Her massage therapy practice expands from working in Chiropractic clinics to South American beaches and now Janine practices from her own clinic in Calgary. Her specialization in pregnancy, postnatal and infant massage therapy is complimented by her Doula training. As an instructor for Seminars for Health **Pregnancy and Postnatal Massage** course, Janine uplifts and enables therapist to provide a safe and confident massage treatment. Her instruction not only focus on providing a quality massage treatment, but inspires students to understand the emotional and physical changes and challenges that their client may be going through. This course provides students with the foundation to specialize in pregnancy and postnatal massage care. Having personal home birth experience, Janine is blessed with two children and a new born.

Course Information:

This seminar will cover pregnancy massage, stretching techniques, proper positioning and draping specific to pregnant and postpartum women. Contraindications, complications, postural changes and basic anatomy of the pelvis will be examined. Labor massage techniques and postpartum care will also be taught. This course will show therapists how to treat expecting women effectively and compassionately.

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