fromtheseed
aromatherapy
holistic care from conception to baby

Advanced Aromatherapy for Pregnancy
IFPA Accredited

A 2 day interactive course presented by
Jo Kellett TIDHA MIFPA CIMI

- An interactive 2 day course to develop your skills and knowledge of aromatherapy for pregnancy. Students will get the opportunity to practice massage routines and also to take part in various theory and practical exercises.

- Students will be encouraged to work in small groups, pairs and as a whole group. There is plenty of opportunity for questions and feedback and time to comment on personal experiences.

- The course will help you confidently put into practice, massage & aromatherapy techniques pertinent to pregnancy, labour and post natal recovery.

- Handouts are provided to back up all course material

Day 1

- Physical & psychological changes in pregnancy
- Antenatal terminology and information re ante-natal checkups
- Back Massage for Pregnancy and positioning
- Essential Oils for pregnancy

Day 2

- Labour overview including Essential Oils to use at this time
- Labour massage routine including acupressure points
- Post natal overview including Essential Oils to use at this time
- Post natal massage

fromtheseed
aromatherapy
holistic care from conception to baby

Advanced Aromatherapy for Pregnancy
IFPA Accredited

Venue
University Of Westminster
Room C4.04
115 New Cavendish Street
London W1W 6UW

Dates & Times
Saturday 24th & Sunday 25th March 2012 9.30-5.00

Cost
£180.00 payable on booking

Early bird discount if booked and paid by end of 3rd February 2012
10% off £162.00

Course requirements
Previous aromatherapy diploma required

Contact
jo@fromtheseed.co.uk
www.fromtheseed.co.uk

You will need to bring
2 pillows
2 Towels
1 couch cover