

# The Scarlet Centre



## Mums, bumps and babies!

Come and relax at our specialist mother and baby course, every Friday for six weeks **from 25 June** (apart from session two, which will be on **Saturday 3 July**).

A light lunch will be provided.

### **12pm–1pm MUMS' ANTENATAL MASSAGE**

To relieve morning sickness, muscle spasm and cramps.

### **1pm–3pm BABY MASSAGE & POST NATAL EXERCISE**

Learn massage techniques to help calm and relax your baby. Followed by exercises tailored to strengthen, tone and tighten muscles.

### **2.30pm/3pm – 3.30pm MUMS' POST NATAL MASSAGE**

Get back in touch with your body's needs following pregnancy.

For more information, or to book onto the course,  
call the Scarlet Centre on

# 020 7840 7142



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