



A 5-day workshop with Noam Tyroler

Massage treatment protocols in pregnancy and labor



Learn how to use my Practitioners Manual to treat the most common pregnancy disorders and complaints. Practitioners Manual provided.

The Practitioners Manual identifies Thai Massage lines, points and stretches to effectively treat your clients in pregnancy, in labor and after birth.

In this course you will learn how to safely work with women through all stages of pregnancy and how to treat the most common pregnancy disorders and complaints.

We will focus on the following common complaints:

Common first trimester disorders - 1 to 14 weeks

Hypersensitivity, stress, mood swings, fatigue, anemia, morning sickness, loss of appetite, headache, nasal blockages, cough, back and pelvis pain, frequent urination.

Common second trimester disorders - 15 to 26 weeks

Arms fall asleep when lying down, difficulty in falling asleep, unpleasant dreams, frequent urination, anemia, headache, dizziness, blurred vision, heartburn, coughing, back and pelvis pain.

Common third trimester disorders - 27 to 40 weeks

Anemia, headache, hypersensitivity (irritability), shortness of breath, chest tightness, pain around the navel, heaviness, tightness, discomfort and pain in the

upper abdomen towards the chest. Heartburn, coughing, urgency and frequency in urination, difficulty in urinating, back and pelvis pain, hip pain, middle back pain, upper back pain, shoulders and neck pain, arms fall asleep lying down, edema in the legs and sometimes in the arms, difficulty in sleeping, calf muscles cramps during sleep, constipation, hemorrhoids.

Prior to labor

Birth delayed, abnormal development of contractile waves, no cervical dilation, intense pain, stress and anxiety, tremors, shaking, fatigue, despair.

Labor, from full cervical dilation to delivery

Ineffective contractions, severe pain, stress and anxiety, placenta does not come out, shaking.

Postpartum (after birth)

Fatigue, dizziness, fainting, anemia, stress and anxiety, postpartum depression, hemorrhoids, constipation, diarrhea, urine incontinence, weakness of the pelvic floor, abdominal pain, sweating, pain in the joints of the hands, joint pain in lower back and knees, leg numbness, leg muscle cramps, poor milk flow, congestion and breast pains.

Prerequisite: Everyone with a background in Thai massage is welcome.

Pregnant or thinking about it? We welcome interested observers too, please contact us for details.

5 days / 30 hours, Baht 12,500.-

3 to 7 December 2018



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