

Yoga Center Amherst & *Amajoy* Present....

Nature's Optimal Plan *for* Baby's Development

Taught by Lenore Grubinger RMT, Senior teacher of Body-Mind-Centering®

Fall 2009 date tba: Cost \$85

Yoga Center Amherst
17 Kellogg Ave, Amherst MA 01002
www.yogacenteramherst.com
413-256-0604

Understand and support Nature's plan for development through movement. Insights into holding, playing and caring for each baby to positively affect their growing neurological integration and coordination will be presented. This workshop provides useful & fascinating tools to support Baby's increased comfort and optimal development in the amazing first year of life.

- Learn about the progression of typical movement development in the first year of life
- See demonstrations of this progression & experience these movements in guided exercises
- Gain methods to help support increased comfort in digestion, movement & self regulation

FOR...

Expecting Parents

New Parents

Early Intervention Professionals

Midwives, Nurse Midwives, Doulas

Lenore Grubinger

Registered Movement Therapist, is a senior teacher of Body-Mind Centering® and a teacher of Cranial-Sacral Therapy. Lenore has been practicing bodywork & movement education with infants, children, adults, families and professionals for 30 years. A long time faculty member at the School for Body-Mind Centering, Lenore Grubinger contributed the Infant Developmental Movement Education program curriculum. She is a member of the Body-Mind Centering Association, the International Association of Healthcare Practitioners, the Association of Bodywork & Massage Professionals & the International Somatic Movement Therapy and Education Association.

