

Prenatal Massage Certification Retreat Launched In Costa Rica

February 16, 2022

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The Costa Rica School of Massage Therapy (CRSMT) is pleased to announce that they are launching a 32 hour prenatal massage therapy continuing education course. The prenatal massage certification retreat, based in Samara, aims to teach students the benefits of maternity massage therapy care during all phases of pregnancy, labor and postpartum. The course will also help students learn how to handle less-than-perfect pregnancies. They will be given a comprehensive education on the various changes a woman?s body goes through during the childbearing period.

?Over 30 specific pregnancy massage techniques will be presented to facilitate relaxation and pain reduction, and to alleviate many common prenatal complaints,? says The Costa Rica School of Massage. ?Also presented are five specific labor support techniques and five specific techniques to help rebalance the postpartum body. To ensure appropriate technique application throughout the pregnancy, proper client positioning and safety guidelines along with proper body mechanics for you as the practitioner will be demonstrated. Individualized feedback and assistance will be given during the supervised practicum.?

There will also be experiential activities in addition to lessons on massage techniques, and the purpose of

these activities is to teach students how to increase their clients? kinesthetic awareness, postural integrity and breathing in preparation for the experience of giving birth and becoming a mother. During the retreat, students will explore all the methods they can use to restore and rebalance a postpartum woman?s abdomen. All certified or licensed massage therapists are welcome to attend the retreat to learn and grow as massage therapists.

Anyone attending the Costa Rica School of Massage?s retreat can be sure they are in good hands. Shari Grayson, a renowned massage therapist, will be in attendance. She has been practicing since 1991 and studied massage and bodywork at the International Professional School of Bodywork (IPSB). She completed her 1,000 hour holistic health practitioner certificate in 1993 and has served at several institutions in various positions. Currently, Shari Grayson?s specialties include Relaxation Massage, Chair Massage, Sports Massage CranioSacral Therapy, Pregnancy & Postpartum Massage, Heated Stone and Tui Na. She makes use of a highly eclectic blend of many different styles of bodywork to create effective sessions for each and every client.

The retreat will take place in Playa Samara, a paradise for prenatal massage certification and continuing education in Costa Rica. The town is nestled in the beautiful hills of the Nicoya Blue Zone on the Pacific Coast of Costa Rica.

?Enjoy strolling the streets of the small downtown area and visiting the many local and international restaurants, bars and discos and cute gift shops,? says the Costa Rica School of Massage. ?The beautiful and tranquil Samara Bay is surrounded by miles of palm tree lined white sand beaches and provides a perfect and safe location for kayaking, snorkeling, surfing, stand up paddle boarding (SUP) and swimming. Enjoy simple and comfortable accommodations in our Costa Rican style bungalows, tucked away in the heart of Playa Samara, just seconds from the beach. Each 2 or 3-bedroom bungalow is fully furnished with a fully equipped kitchen, bathrooms and living room.?

The Costa Rica School of Massage Therapy is the top study-abroad-program for massage therapists. Students of the program leave with an outstanding education that prepares them to perform at the highest level in the massage therapy industry. The curriculum builds a solid foundation of knowledge and skill which prepares them to provide therapeutic massage treatments which safely and effectively address a variety of issues.

The massage therapy school?s site says, ?The CRSMT curriculum builds a solid foundation of knowledge in combination with advanced skills such that students graduate well equipped to provide customized therapeutic massage treatments to safely and effectively address everything from relaxation to sports-related injuries. Graduates of the CRSMT massage training programs are eligible for licensing in most of the United States and many other places around the world.?

For more information, visit the Costa Rica School of Massage Therapy?s website: https://crsmt.com/prenatal-massage-certification-retreat/. Their 32 hour prenatal massage therapy program is just one of the many massage therapy courses the school offers, and both veteran and aspiring therapists stand to learn a great deal from the school and its highly experienced instructors.

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For more information about Costa Rica School Of Massage Therapy, contact the company here:Costa Rica School Of Massage TherapyTammy McGee1-800-770-9893 ext 1info@crsmt.comCostado norte de la plaza de deportesSamara, Nicoya 50205, GTECosta Rica

Costa Rica School Of Massage Therapy

The Costa Rica School of Massage Therapy is the premier study abroad program in the world for Massage Therapy Certification, Yoga Training and Continuing Education!

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