

Dear Parents/Carers

I am inviting you to join my online 3 day Children's Massage Family Workshop during the Easter Holidays. This course focuses on family health & wellbeing, enhancing sibling relationships, and relieving stress through nurturing touch.

The Massage In Schools Programme (MISP) was founded in 1990 by Maria Elmsater & Sylvie Héту. MISP is an international programme dedicated to promoting nurturing and healthy touch, care & respect into the schooling system and within family life, so children can grow and develop in an open, secure and safe environment.

Nurturing touch is proven to calm children, and improve sleep, concentration, self esteem, and sibling relationships. It also promotes respect, unity, and harmony, and reduces stress & bullying.

This interactive family course consists of 3 workshop's at 6-7pm on Monday 5th, Wednesday 7th, & Friday 9th April, during which the family will learn the entire 15 step MISP head and shoulder massage (5 strokes per day), we will also learn a little theory around stress relief and play some fun games. This course is suitable for both primary and secondary school children. The course for each family will be £36 as I'm offering 20% discount to all Stratford Families this Easter (RRP £45) .

I look forward to introducing MISP to you. For more information please visit my website www.bebejoy.co.uk or please do contact me direct on 07827893680.

Joy Harrison
Infant & Child Massage Instructor

