

SCHOOL OF THAI ACUPRESSURE PUBLICATIONS

בית הספר לאקופרסורה תאילנדית - הוצאה לאור

Yoga Massage Treatment Protocols for Pregnancy, Labor and Postpartum

A 5-day with Noam Tyroler

Practitioners Manual provided, containing 25 treatment routines:

Painful period/Menstrual cramps + Insomnia + Frequent and urgent urination + Nausea /Morning sickness + Exhaustion/Fatigue + Constipation + Heartburn + Nasal congestion + snoring and nose bleeds + Edema/Swelling + Hemorrhoid /Pile /Varicose veins + Dizziness, fainting and blurred vision + Itchiness, rashes, red palms and soles of feet + Headache + Cough + Lower back and pelvic girdle pain (PGP) + Preparation for labor + pre-birth treatment + Getting ready for labor + In the birthing room + Baby blues / Postpartum depression + Constipation after childbirth + Labor-inducing points

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.

Course Study contents

Day 1

- Discussion: **What are the "Forbidden" points?**

Hands-on: **how to locate and handle them.**

- Discussion: **Female reproductive system anatomy and the monthly cycle.**

Hands-on: **the treatment of menstrual cramps.**

- Discussion: **Supine position in pregnancy massage and the question of suffocation, Inferior vena cava syndrome and fetal blood flow.**

Hands-on: **how to use the supine position safely.**

Day 2

- Discussion: **pregnancy and Deep Vein Thrombosis (DVT).**

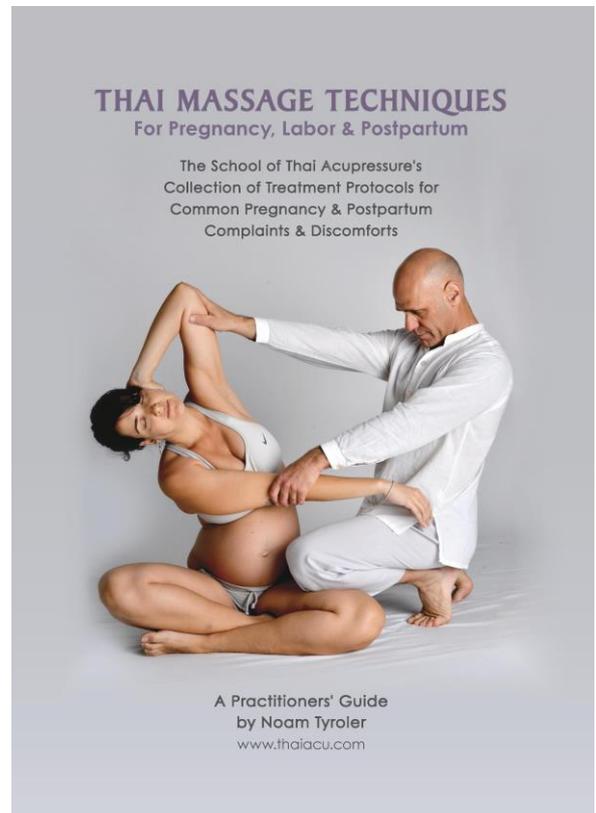
Hands-on: **how to work the lines of the inner leg in the supine and side position.**

- Discussion: **pregnancy and the forbidden poses and stretches.**

Hands-on: **how to use safely, leg stretches, twists, backbends, forward bends and inversions.**

- Discussion: **pregnancy lower back and pelvis pains.**

Hands-on: **the treatment of lower back pain.**



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Day 3

- Discussion: **abdominal massage during pregnancy.**

Hands-on: **how to give a safe abdominal massage.**

- Discussion: **risky pregnancies, pregnancy complications, miscarriage statistics and massage in first trimester.**

Hands-on: **how to treat nausea/morning sickness.**

Day 4

- Discussion: **major anatomical and physiological changes of pregnancy and the common pregnancy complaints and discomforts.**

Hands-on: **how to treat heart burns.**

- Discussion: **the stages of labor and complications of Labor.**

Hands-on: **how to treat a laboring woman.**

Day 5:

- Discussion: **major anatomical and physiological changes of postpartum and the common postpartum complaints and discomforts. General massage during postpartum and it's modifications and Contraindications.**

Hands-on: **how to treat postpartum depression. How to treat a mother when the milk is not flowing.**

- Discussion: **the safety instructions for prenatal massage.**



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