

Need to relax?

Wednesday
11th May
6 - 7:15pm

Presented by:
Ed & Marisa Shearer

Held at the Nursery School,
The International School
of the TCI

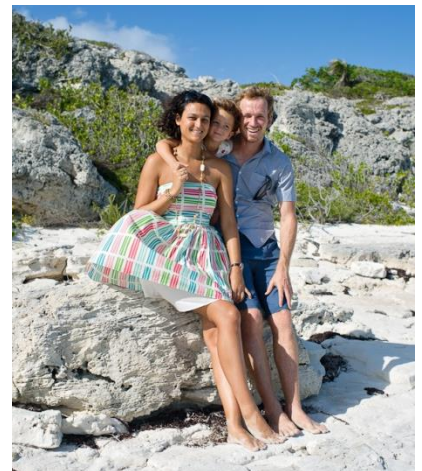


A Free
Community
Workshop

Pregnant? Planning to be? Worried? Tired? Learn new techniques and improve experiences at 'Acupressure & a Gentle Birth' Workshop

Everyone is welcome to attend a free workshop designed for couples to learn these **acupressure points** as well as **deep relaxation techniques** to mentally prepare the mind and body for a gentle birth.

Marisa Shearer, Certified Yoga Teacher & Edward Shearer, Licensed Acupuncturist at Grace Bay Integrative Health Centre.



Please call 946-5523 to reserve a place or email:
ebarber@internationalschooltci.com

More about Marisa Shearer:
athomewithmalita.com

