Week 5 - Back

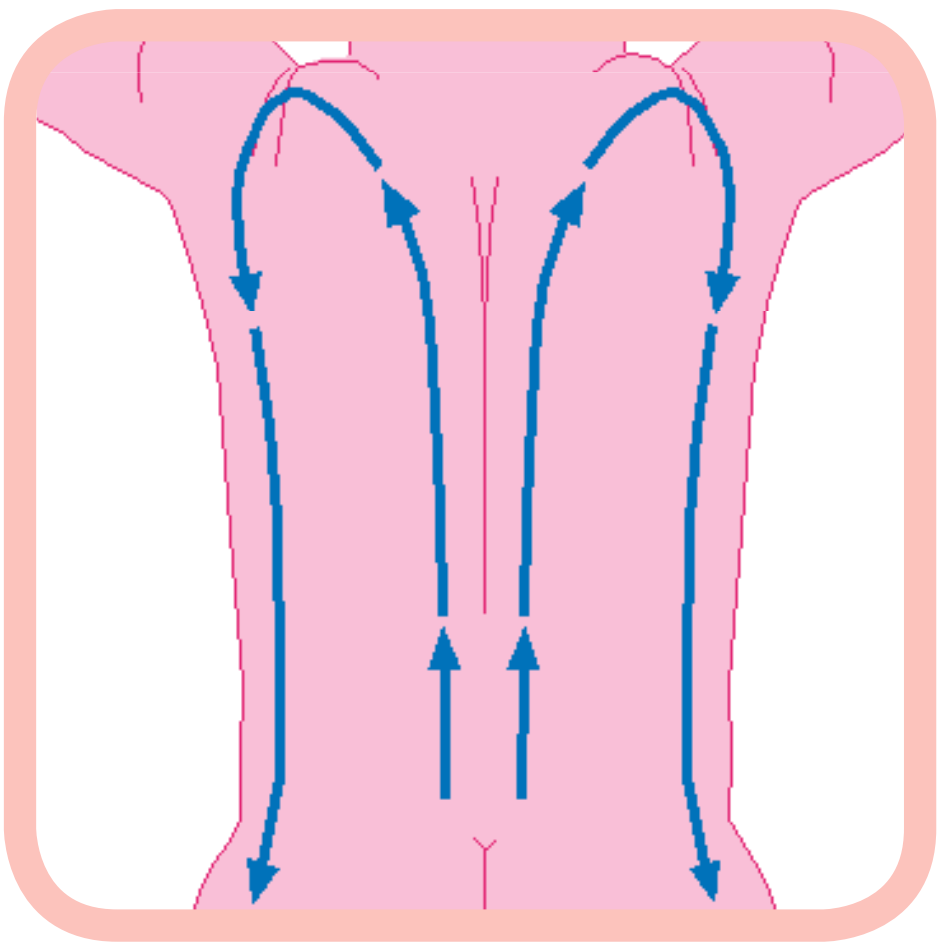
Cautions

Never put pressure on the spine
Make sure that the stroke is firm enough, not as a tickle

Benefits of massaging legs

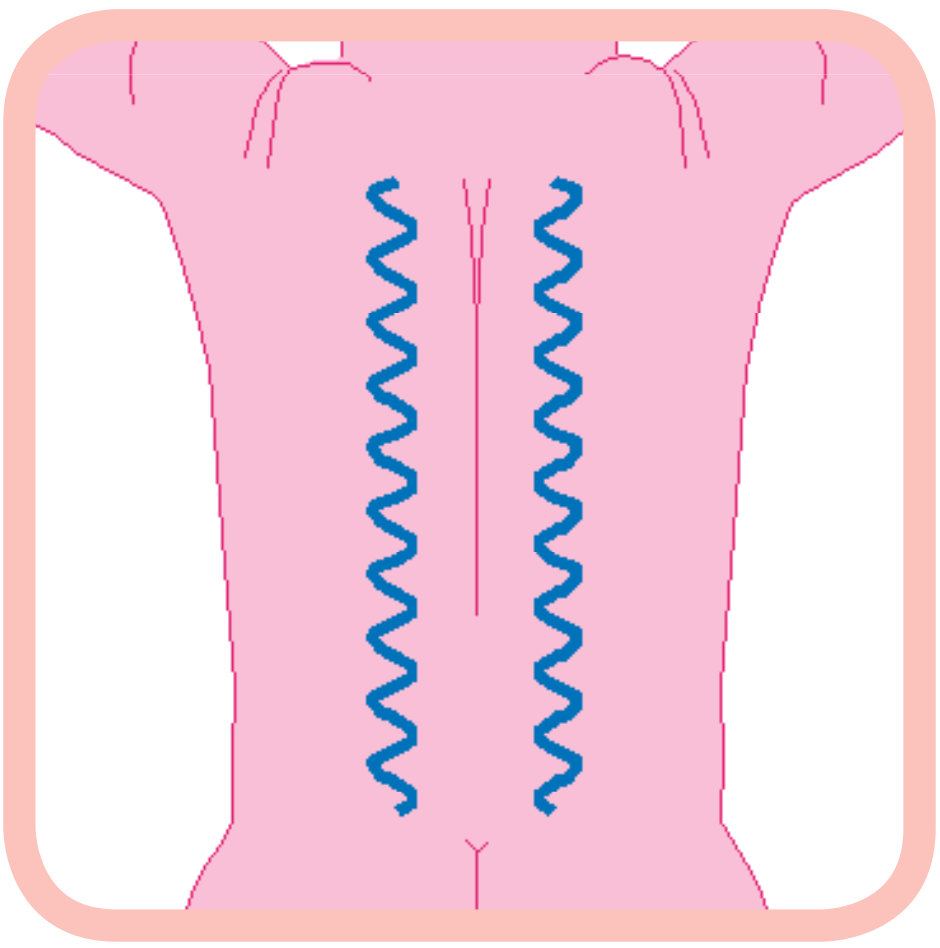
- Very Relaxing
- Releases tension
- Increases circulation
- Can improve posture
- Can do woth baby lying on their; front, over your shoulder or sitting up

1. M' is for mummy

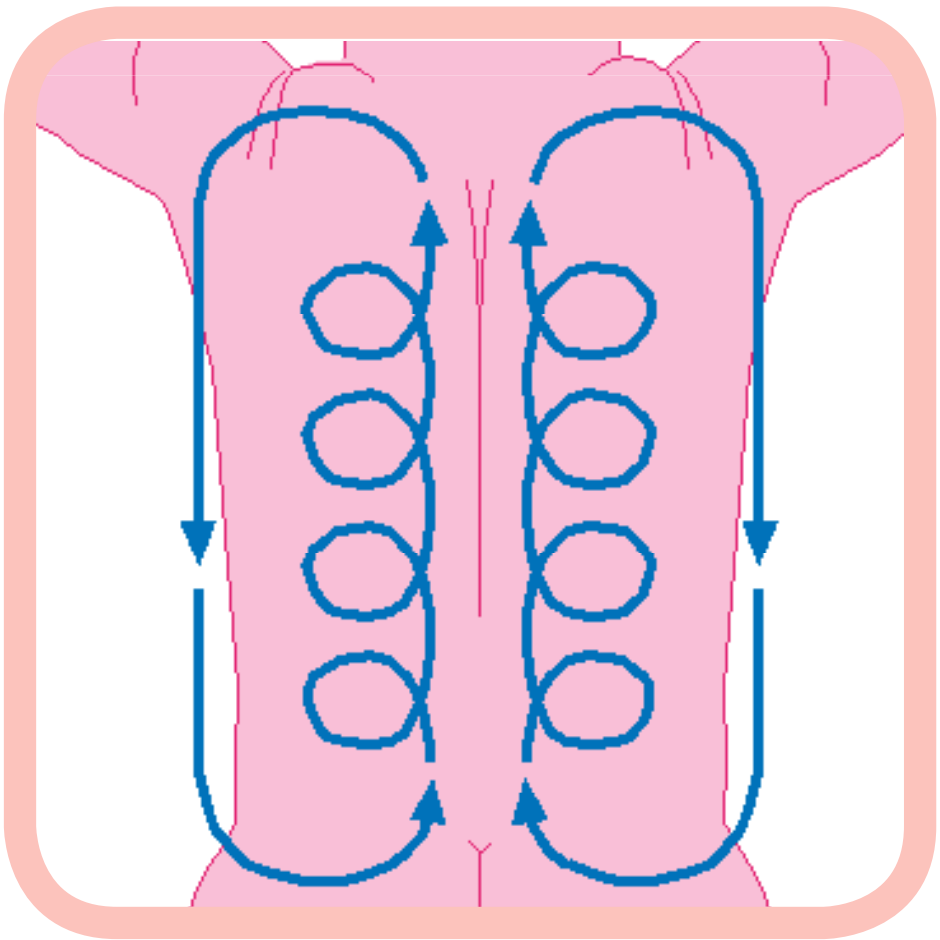


♫ Grand Old Duke Of York ♫

2. Wiggle Worm

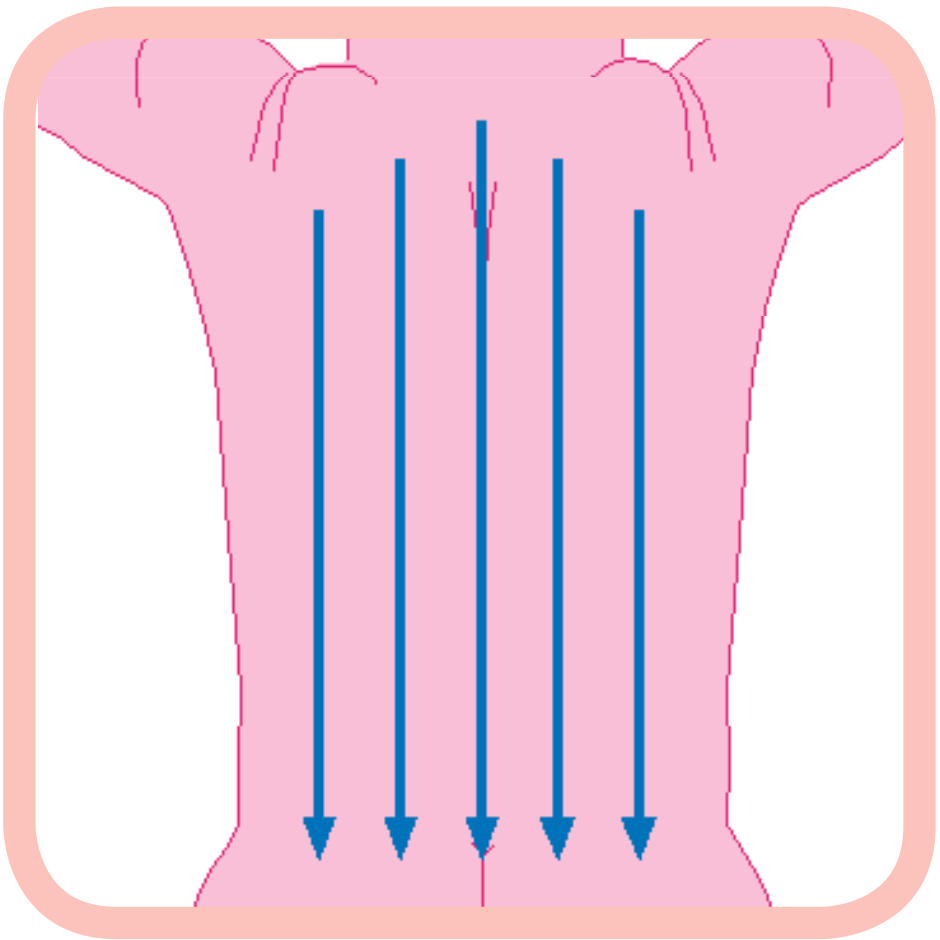


3. Daisy Chain



♫ Daisy, Daisy♫

4. Finger Rake



Baby Bear
massage and yoga
touch ♥ nurture ♥ love