

Two Sessions Available!

# Join Us for a Parenting Workshop

Feb 24 from 6:00 p.m. – 7:00 p.m. | Feb 27 from 9:30 a.m. – 10:30 a.m.

## The Power of Touch: Introduction to Infant Massage

Bright Horizons at National Landing invites you to a FREE parenting workshop led by Khyati Desai-Seltzer.

Baby not sleeping? Gassy or colicky baby? Want to improve your baby's immunity? If so, then infant massage is for you! This one-hour workshop will introduce you and your baby to the gentle art of massage and teach you a few strokes to support your baby's health. Babies who are massaged are often calmer, sleep better, and suffer less from gas and colic.

This workshop will cover:

- Specific benefits of infant massage
- Overview and background of successful massage
- Best practices for massage and essential oils
- Specific massage strokes

Please have your baby or a baby doll (if you are expecting) present for the class.

Space is limited, kindly RSVP by 2/12

<http://bit.ly/NLRSVP0221>



Khyati Desai-Seltzer is certified by the International Association of Infant Massage to provide instruction to parents on massaging their babies for short term and long term benefits addressing sleep, gas/colic, immunity, bonding, congestion, growth, and so much more. She is passionate about holistic living and wants to share the power of infant massage with as many parents as possible.

You can find her at [vyanainfantmassage.com/](http://vyanainfantmassage.com/) or [@vyana.infantmassage](https://www.instagram.com/vyana.infantmassage) on Instagram and [@vyanainfant](https://www.facebook.com/vyanainfant) on Facebook.

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