



## Classes

### **Infant Massage**

Taught individually, infant massage provides baby/parent quality bonding time, develops parental confidence in caring for their newborn, reduces baby's anxiety and stress, improves baby's sleep patterns, stimulates left/right brain development and coordination, and relieves baby's constipation, diarrhea, gas, colic, etc.

Infant Massage Class ~ \$60 (2 hrs)

**“The more tactile stimulation a baby receives in its first months of life up through the first year can impact their brain development permanently.” (IST, 2007)**



### **Couples Massage**

This monthly workshop is designed to teach basic techniques to couples who would like to learn how to massage their partners in a relaxing, non-judgmental environment. Go to my website [www.mamabear888.wordpress.com](http://www.mamabear888.wordpress.com) for more information or call 407.920.0405 to register for the next massage class.

\*\*CEUs not available. For the general public only. \*\*



**Elena Rosa, LMT of  
Mama Bear Birth & Bodywork  
available by appointment at  
Integrative Touch and Bodywork  
5030 S. Hwy 17-92, Ste. B  
Casselberry, FL 32707**



**Preserving  
the sacred passage  
of childbirth...  
and nurturing  
the world  
through healing touch  
for our future.**

**Elena Rosa, LMT, CPMT, CIMI  
MA36984**

**Licensed Massage Therapist  
Certified Prenatal Massage Therapist  
Certified Infant Massage Instructor  
DONA-trained Birth Doula  
Thai Massage Practitioner  
Reiki Practitioner  
407.920.0405**

## Mission Statement

Massage is not a luxury, an indulgence, or a quick fix. It is of great importance, especially in today's society, for us to be gentle with ourselves. Whether it comes from a massage therapist, a parent, or a significant other, I am committed to the evolution of massage as a means for physical, emotional, and spiritual growth.

There are many choices a woman can make about where, how, and who delivers her baby. My goal in educating others about childbirth supports a woman's right to make the best decision for her, her baby, and their family.

Combining all of my passions from cooking to massage and childbirth enables me to offer a unique service to women of childbearing age, expectant mothers, newborns, and postpartum families.



**Be sure to ask about gift certificates for baby showers and blessingways.**

## Services

### **A la carte:**

Relaxation/ Therapeutic Massage

\$80 (1 hr), \$110 (1 1/2 hrs)

Traditional Thai Massage

\$120 (1 1/2 hrs)

Integrated Hot Stone Massage

\$120 (1 1/2 hrs)

Reiki/ Energy Balancing

\$60 (1 hr), \$90 (1 1/2 hrs)

Prenatal Massage ~ \$80 (1 hr)

Prenatal Thai Massage ~ \$100 (1 hr)

Postpartum Massage ~ \$80 (1 hr)

\*Mother Roasting ~ \$100 (1 hr)

\*Mother Roasting is the use of hot stones during a postpartum massage to replenish the energy and heat lost to the mother during childbirth.

### **Prenatal Packages:**

4 prenatal massages ~ \$280

with doula services ~ \$640

5 prenatal, 1 postpartum massages ~ \$420

with doula services ~ \$780

10 prenatal, 2 postpartum ~ \$840

with doula services ~ \$1200

**Basic Birth Doula Package:** Includes 2-3 prenatal visits (approx. 2 hrs. in length), constant support throughout pregnancy and the birth process, and a 2 week postpartum visit with a complementary infant massage class ~ \$450

Additional \$15 fee charged per massage for outcalls.  
Payment plans are available for packages.

## What Is A Doula?

A doula is a trained labor companion who maintains continuous, focused attention on the woman in labor throughout the birth process. Studies have found that a doula's presence at birth results in less need for major interventions.

Parents who receive support can:

- ◆ feel more secure and cared for
- ◆ are more successful in adapting to new family dynamics
- ◆ have greater success with breastfeeding
- ◆ have greater self-confidence
- ◆ have less postpartum depression

As listed on the DONA International website [www.dona.org](http://www.dona.org) in "Why use a doula?"

## Meals for Mommy

Bringing a brand new baby into the home has a huge impact on the family dynamic. The last thing a mother should worry about is cooking for her family when her energy is needed in caring for herself and her newborn.

A free consultation is arranged with the mom (or couple) to determine the family's eating habits. Special food requests are honored, and I am happy to make meal suggestions. All food preparations are done in the family's home. The goal is to provide the family with a week's worth of nutritious meals that only require reheating.

My fee is \$15 an hour, plus mileage and the cost of groceries.

**Call 407.920.0405 to make an appointment for a consultation.**