

RELAXATION TECHNIQUES FOR INFANT MASSAGE CLASSES

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A Short Relaxation Technique For The Parent

- Sit in a comfortable position (If this is just before the massage or yoga, hold the baby or place hands gently on them whilst baby is lying on the mat)
- Close eyes
- Inhale deeply and slowly through the nose, filling the whole of the lungs
- Exhale slowly through mouth
- Repeat three times
- During the breathing exercise, consciously relax tense areas, such as neck, shoulders, back and upper arms
- Imagine a bright golden light shining above
- Whilst breathing in, imagine the bright light being drawn into the body through the head all the way down to the end of the fingers and toes
- Imagine this glorious light filling the whole of the body with calm and peace
- Whilst exhaling, think of the word '**CALM**'
- Repeat three times
- Now focus on the baby
- Slowly open eyes
- Once relaxed, massage and yoga can begin. If not, repeat the above

For parents who have problems relaxing, try the deeper relaxation technique below. It is advisable that this is done when the baby is asleep or being cared for by someone else.

Deep Relaxation Technique

- Lie in a comfortable position
- Inhale deeply and slowly
- Exhale slowly through the mouth
- Repeat three times
- SLOWLY -
- Tense the toes, relax the toes
- Tense the ankles, relax the ankles
- Tense the calves, relax the calves
- Tense the knees, relax the knees
- Tense the thighs, relax the thighs
- Tense the buttocks, relax the buttocks
- Tense the abdomen, relax the abdomen
- Tense the chest, relax the chest
- Tense the back, relax the back
- Tense the arms and hands, relax the arms and hands
- Tense the shoulders, relax the shoulders
- Tense the neck, relax the neck
- Tense the face, relax the face
- Tense the head, relax the head
- Imagine a beautiful place somewhere in nature, a very special place
- Imagine the sun high above in a beautiful blue sky
- Lie in this beautiful place for as long as needed
- When ready, slowly come to the present
- When ready, slowly open eyes
- Stretch out the whole body
- When ready, sit up slowly