

Parent & Baby Reflexology Workshop with Clare Norman



Gain knowledge for your parenting journey to support your child from babyhood and beyond – first steps to walking on their own two feet...

Discover reflexology techniques to comfort, nurture and relax baby

Learn how to ease common symptoms
Colic, constipation, teething
& other concerns



A friendly and intimate workshop – no previous experience required.
£40 per person, notes and illustrations are provided

Next date to be confirmed, please register your interest now

For more information visit www.raisingspirit.com
Book your space at BoCo reception or
email bookings@boco-uk.com