

Parent & Baby Reflexology Workshop with Clare Norman



**Saturday 8th of June
2:30pm to 4:30pm**

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

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