

Invest in yourself and your future in the ever-growing field of health and wellness!



## **The Prenatal and Postpartum Massage Class**

**Location:** Spa Adagio, Baltimore Maryland

**Duration:** 3 hours

**Price:** \$398

**Instructor:** Regina Schneider; LMT, Sleep Specialist

As the partner, you are part of this new beginning of becoming a Mom or Dad. This is the moment where you can help create a safe, comforting, and stress-relieving space through massage.

**Includes a step-by-step guide to take home!**

**NEW coming in 2026:** Prenatal and Postpartum Massage Class e-learning video \$149 / ask Regina!

Detailed information about the class schedule and registration is available via email at [bmreadagio@gmail.com](mailto:bmreadagio@gmail.com). Upon request, I am also happy to arrange a Zoom call with you or a personal meet & greet.