Integration: Module 4

1. When you are working with a mother in the spring time (kapha season) and in her first week postpartum she is experiencing a large fluctuation in her body temperature throughout the day, which kind of oil would you recommend she use for abhyanga?
2. Which two senses can be treated to balance vata dosha? What are examples of treatments that can be suggested or applied?

1. What are the precautions you’ll be sharing with mother as you teach them baby massage?

1. What are two benefits of baby massage for the mothers?
2. What areas in the self massage may the mother want to spend a little more time on and why?
3. What are the benefits of self-massage of the breast tissue or self-expression for mother?
4. Its important to note that abhyangha is a gentle, nourishing form of bodywork. Make sure the mothers you share it with know they are not trying to “work anything out” with this self massage; instead they are using touch to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Where may baby be so as to allow the mother to enjoy self-massage?
2. Summarize the number one tip for healing following a surgical birth. How long should this go on for?