

## Parent Testimonials:

"We are doing infant massage for our 4 month old and we love it! Whitney offers classes for you to learn how to do the massage techniques with your baby. She does a demo and explanation on a doll baby while you massage your baby. It took 3 sessions to learn the full body baby massage. It's been a nice way for me to have bonding time with my baby since going back to work. She's also a great choice for a mommy massage if your shoulders and back are sore like mine from stress, working, nursing, baby carrying, etc." -AlexAnn Westlake, Certified Midwife

"Whitney is a caring, compassionate, highly-skilled professional who was wonderful to work with for my post-natal massage six weeks after giving birth as well as during a course in infant massage for my daughter starting at four weeks old. Whitney is highly knowledgeable of pre- and post-natal massage techniques and recommendations, and she has unending patience for working calmly and confidently with infants while teaching infant massage to parents. You will feel completely comfortable and at ease with Whitney, and I highly recommend her services to anyone seeking massage therapy or infant massage for their child."

-Julia Stutzman Coronado, Professor at James Madison University

"We really enjoy the bonding time and learning something special for the two of us."

-Emily Ritchie, Radiologist at Sentara RMH Medical Center

"I enjoyed the step-by-step massage techniques, and that with each session, we built upon what we had learned. Going through the body areas each time underlined the importance of integration and reinforced what I had practiced. My baby has loved receiving massage, and I can see a difference in his own body awareness. He is stronger and healthier as a result. Thank you for teaching me how to help him!" -Jon Bellona, Faculty at the University of Oregon School of Music and Dance