

**Invitation for the opening of the pilot project
Professional Training Course in BMN 2015 Nepal**



Babymassage BMN

Contribution by the Swiss Federal Department of Foreign Affairs FDFA,
acting through the Embassy of Switzerland in Nepal, Ekantakuna, Jawalakhel

Contract partner: V-BMN, Verein zur Förderung der Baby Massage, Zürich

Teaching team: Dr. Giovanni Scheibler-Shrestha, project director
Nasma Scheibler-Shrestha, course instructor
Ashma Shrestha and Sumitra Sonam, assistants

Graphics editor: Smriti Shrestha

according to the method by Nasma Scheibler-Shrestha
Professional training course for nurses,
midwives and physiotherapists

Location: Dhulikhel Hospital, Nepal
Official opening: Tuesday, 8. September, 2015, 14:00 h
at the Inauguration Hall, Dhulikhel Hospital



Photo: A. Zuckermann

In Nepal, the home country of Nasma Scheibler-Shrestha, Newar women learn baby massage after the birth of their first child from their mother, from a midwife or from older mothers in their extended family. Birth preparations, the birth itself, the weeks following the birth and the rest period for the new mother are embedded in rules of behaviour, customs and ceremonies. Knowledge of the great significance of the first phase of a human life has been woven into Newar family life for centuries and shapes the behaviour of expectant and new mothers and their families up to this day.

Baby massage according to the method by Nasma Scheibler - Shrestha

For more than thirty years Nasma Scheibler-Shrestha has been dealing with ideas to adapt the traditional baby massage of the Newar to European conditions and to systemize and develop it. She has tried to transfer essential contents of Newar culture, adapting them carefully to contemporary local needs and customs. To this end she has developed her own method, which corresponds to the didactic and cultural requirements of Western society. This method forms the basis of familiarizing mothers and fathers as well as future massage teachers with baby massage and enables them to apply it with certainty and competence. Both are prerequisites for a heartfelt, fulfilled and meaningful practice of baby massage.

