

A chore becomes a joy



Antje Drössel **Wellness at the Changing Table**

[Das Schmuse-Wickel-Buch]
The best movement and relaxation exercises for your baby

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Antje Drössel, born in 1969, studied business administration and worked for 10 years in marketing before she began her training in relaxation and Ayurvedic massage therapy and as a teacher of yoga for babies. She gives courses for parents and children with a focus on movement, music, and relaxation. She also provides training for course leaders according to her own concept, WellKin®.

With the concept Wellness für Windelkinder (Wellness for Babies in Nappies), or WellKin®, parents can playfully support their baby's development and give it their undivided attention – removed from the stresses of daily life. The best movement and relaxation exercises from the fields of massage, gymnastics and yoga make the changing-nappies routine into a warm and cuddly experience. Mums and Dads are also not neglected: the book offers numerous tips for exhausted and stressed parents, creating a wellness holiday at the changing table.

Also available:

On the same topic:
Wiebke Gericke, Babysignal® [BabySignal®], 2009