

LK Childbirth Massage Course

Towards Natural Childbirth and Beyond

Phase 1 Pregnancy to Birth Group

28 Oct – 29 Nov 2025

Aim:
To equip midwives with updated, evidence-based knowledge & skills in performing or teaching LK Massage to pregnant or postnatal women and their birth partners in a safe & competent way.

- Objectives:**
- To learn the principles of massage
 - To appreciate the evidence base of LK Massage Programme which promotes natural childbirth
 - To apply massage skills safely to pregnant and laboring women in clinical practice

Speaker:
Linda Kimber, Director of Childbirth Essentials(UK); Midwife and Massage Therapist

Local Facilitator:
Ms. YEUNG Lee Man, Midwife Consultant, QMH, IBCLC

Schedule of the Course:

Date	Time	Venue	Content	Speakers
1 28 Oct 2025 (Tue)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
2 31 Oct 2025 (Fri)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
3 7 Nov 2025 (Fri)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
4 8 Nov 2025 (Sat)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
5 15 Nov 2025 (Sat)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
6 22 Nov 2025 (Sat)	16:00 – 19:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators
7 29 Nov 2025 (Sat)	16:00 – 20:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators

Teaching & Learning Activities:
Hybrid Course – Zoom Lecture, Face-to-face teaching, Onsite Practice

Teaching Medium: English

LK Childbirth Massage Course

Towards Natural Childbirth and Beyond

Phase 1 Pregnancy to Birth Group

28 Oct – 29 Nov 2025

Target Participants : Midwives, preferably those who are working in the Antenatal or Labour ward

Fee : HKD5,000(Member) HKD6,000 (Non-member)
* Join membership to enjoy the Membership Rate



Scan code to join membership

CNE/CEM (PEM) Points : 30 Points

Assignment : One case study within 3 months of the completion of the course

Award :

- e-Certificate will be issued by Hong Kong Midwives Association to those with 100% attendance & completion of assignment for the course.
- e-Attendance Certificate will be issued to those with 100% attendance

Class Size : 16

Payment Method : Please enroll by using the QR code and make the payment within 7 days of your enrolment, or your application will be cancelled.
All course fees are not refundable / transferable.

1

Bank Transfer to Dah Sing Bank

Online / Mobile Banking Receiving bank 收款銀行 040 Dah Sing Bank, Ltd. 大新銀行有限公司 Account no. 收款賬戶號碼 759 103 0574 7 Payee's name 收款人名稱 HONG KONG MIDWIVES ASSOCIATION	ATM Account no. 收款賬戶號碼 59 103 0574 7 Account name 收款賬戶名稱 HONG KONG MIDWIVES ASSOCIATION
--	--

Please send the bank-in slip to us via
Email: info@midwives.org.hk,
WhatsApp: 9145 3581 or Fax: 2572 5329

2

By Cheque

Please send the crossed cheque
payable to

"Hong Kong Midwives Association"

D1, 13/F, Hyde Centre,
223 Gloucester Road, Wan Chai
Hong Kong

Remarks :

Safety Concerns for Participants:
Recommended to those who are

- currently non-pregnant
- free from back or limb injuries or pain that restrict bodily movement

Preparations by the Participants:
Participants are required to bring four towels (2 large & 2 medium sizes) and one pillow to the class. Massage oil is available at a cost of ~HK\$50 on the day of class at the Association.

Enquiry : Tel : 2893 8800 Fax : 2572 5329

Course content may be updated and please refer to our website for the latest information.

Register Now!



Enrollment Deadline

20 Oct 2025

(first come first served)