



## POSTNATAL EXERCISE CLASS

### IN ENGLISH, BASEL

**The postnatal class** is built up on perceiving and understanding the pelvic floor. From there we work on our balance, on core strengthening and on our posture. This is the basis for pelvic floor health. The class will support your natural recovery processes and help you rediscover your pre-pregnancy body. (You can bring your Baby in this class, until 6 months. Pay attention, we haven't enough place in the pre hall for the baby carriage).

#### **Objectives of the course:**

- To promote understanding of the anatomy and physiology of the female body
- Self awareness and good posture
- Awareness and strengthening of the pelvic floor, which prevents incontinence
- Strengthening the abdominal and back muscles
- Tips and tricks for everyday life
- Relaxation exercises, different methods from dance, yoga and pilates

The postnatal course can be taken at the earliest 8–10 weeks after childbirth.

<b>Course leader:</b>	Daniela Guillod, Therapist of mouvement, BeBo®Teacher
<b>Course fees:</b>	CHF 330.– (check with your insurance about the costs)
<b>Duration:</b>	Thursday: 9:15 am to 10:30am - 8x 75 Minutes
<b>Location:</b>	Yoga Shanti, Klosterberg 15, 4051 Basel ( <a href="http://www.yogashanti.ch">www.yogashanti.ch</a> )
<b>Next course:</b>	<b>Start on 12.03.2020 – 14.05.2020</b> (12.3/19.3/26.3/02.4/23.4/30.4/7.5/14.5)
<b>Bring:</b>	comfortable clothing and warm socks.)
<b>Registration on:</b>	<b><i>Daniela Guillod</i>, <a href="mailto:danielaguillod@gmail.com">danielaguillod@gmail.com</a></b> or 077/410 53 97 (Please read my general terms and conditions on <a href="http://danielaguillod.com">danielaguillod.com</a> )