


PILATES STUDIO
GSTAAD



PILATES PRE & POST NATAL WORKSHOP

Exercise is an important part of a healthy pregnancy. Active women are better able to cope with labour and regain their pre-pregnancy figures and posture faster than those women who aren't active. Pilates offers the following benefits specifically during the pre and postnatal period:

- Improves posture which can eliminate neck and back pain
- Increases energy levels and relieves stress
- Increases the strength and awareness of the pelvic floor and abdominal muscles
- Strengthens and mobilises the body
- Enhances circulation and flexibility

This summer, The Pilates Studio Gstaad will run a workshop aimed at pre and post natal women. The workshop will demonstrate safe exercises that are suitable to perform during pregnancy and following the birth. If you have questions regarding what exercises you should be doing at this important time in your life, then this workshop is for you!

DATE/TIME: Saturday 26th June 2010
15:00–16:50

LOCATION: The Pilates Studio Gstaad
The Gstaad Palace Hotel SPA
3780 Gstaad

PRICE: CHF 120.00

REGISTRATION: Required by Wednesday 23rd June 2010

ADDITIONAL INFORMATION:

- This course is suitable for:
 - Prenatal women during the 12-36th weeks of pregnancy
 - Postnatal women after their doctors clearance check-up; normally 6 weeks post delivery for natural births, 12 weeks post delivery for caesarean births
- This course is limited to 7 participants. This ensures each participant receives personalised attention
- Basic English language skills are required as instruction is given in English

To register or for more information please contact:

The Pilates Studio Gstaad
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