

is delighted to present

Pregnancy and Post-Natal Pilates: Debunking Myths and Building Confidence for our Clients

Pilates is a common choice of exercise for women both during after pregnancy and postnatally. During pregnancy, a woman's body under-goes huge changes physically and it can also be a period of great changes psychologically. As Pilates teachers, we are privileged in commonly working with women at this special time. As our clients turn to us to guide them through this time, we need to be fully equipped to help them. We need to know how to work with the changes occurring to our clients' bodies and help guide them through the minefield of misinformation of how to exercise postnatally.

Women feel can feel enormous pressure to get their 'core' stronger and to lose their 'mummy tummies'. As Pilates teachers, we know that there is a lot more to it than that. However, the information on how best to help this population is often confusing and can at times be misplaced. Diastasis recti and Stress Urinary Incontinence are common in this population and can often be a difficult issue for women to discuss, let alone remedy. Not only does a woman go through a huge amount of muscular-skeletal changes during pregnancy but afterwards as well. We will be looking at working with the body's "functional integrated system" to coach the body to have better motor control and prevent poor movement strategies developing during pregnancy and also during the postnatal period.

In this two-day workshop, you will gain a solid foundation of information for working with pregnant and postnatal women including the anatomy and physiology of pregnancy and post-natal, the foundations of exercise, the psychology of well being for pregnant and post-natal women. This workshop will explore how a woman's body changes physically from trimester to trimester during pregnancy. We will then look at how a woman changes physically through labour, delivery and the postnatal phase. Once this understanding is in place, we will be looking at what foundational exercise will help clients have a strong, safe, happy and healthy pregnancy and postpartum experience.

COURSE SYLLABUS

- Understanding female anatomy and physiology and how it changes during and after pregnancy.
- Hormonal and metabolic changes during pregnancy and their implications for exercise.
- Changes to posture, abdominal wall, pelvic floor, respiratory systems and cardiovascular systems and their implications for exercise.
- Incontinence, pelvic organ prolapse, pelvic pain and what we need to know about these conditions.
- Low-back pain, pelvic girdle pain, diastasis recti and carpal tunnel syndrome and how to modify exercises to accommodate these conditions.
- Physical changes in each trimester and how they impact exercise programming.
- Pre and Post-natal exercise consideration and concerns.
- Creative and exciting exercise for all levels of pre and post-natal clients using studio equipment, small equipment and mat work.

2-Day Course

Saturday 21st September 1pm – 5pm AND

Sunday 22nd September 10am – 4pm

£350.00

ABOUT KATE FRY After an early career in a demanding role in a design agency, Kate experienced the physical impact of working in a high-stress industry first-hand. Having an inquisitive mind, this experience, mixed with Kate's lifelong interest in health and fitness initially led her to train as a Pilates teacher with Body Control Pilates in 2003.

Since that time, Kate has worked as one of Body Control Pilates' Senior Teacher Trainers and Examiners all over the world. During her Pilates career she has worked in busy London studios, with premiership football teams and with other Pilates teachers-in-training as well as running her own busy studio. Working alongside highly experienced and skilled professionals encouraged Kate to extend her knowledge and she qualified as a Physiotherapist in 2013. Kate is also a qualified Sports Massage Therapist and a Personal Trainer, complementing further her skill set, in order to provide the most holistic service to each client's requirements. Whilst Kate has studied widely and has a broad experience in the health and fitness sphere, Kate's passion still lies with Pilates and using its incredible versatile qualities to help patient, clients and herself to move better.

In 2016, Kate and her family made the move to South-East France. She runs her studio from her converted barn and works as a physiotherapist locally.

WORKSHOP LOCATION

Cobham Pilates, 31 High Street, Cobham, Surrey KT11 3DP
We are located 10 minutes away from Junction 10 of the M25.

BOOKING

- Email reception@cobhampilates.com
- BOOK ONLINE via the TEACHER TRAINING page of our website at www.cobhampilates.com.
- You can book via our Cobham Pilates APP which is downloadable from the SCHEDULES page of our website!
- Call Cobham Pilates on 01932-588707.

NOTES

- This course is covered by Balens Insurance Group.
- The PMA (Pilates Method Alliance) offer **13 Continuing Professional Development Points** for this course.