

## Ante and Post-Natal Yoga & Pilates Classes

**Ante-Natal Pilates** – This class is specifically designed for pregnancy to maintain your strength and posture and assist in your labour.

**Ante-Natal Yoga** – This class is specifically designed for pregnancy and consists of postures and breathing exercises adapted from classical Hatha yoga. There is special focus to strengthen the mother's body and prepare it for birth, and to alleviate common discomforts during pregnancy. These can be lower back pain, pelvic pain, heartburn, indigestion, swollen joints, breathlessness, tiredness and sleep disturbances.

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**Post-Natal Mother and Baby Pilates** - Had a baby recently? Then you know being a mother can be hard work. Our mother and baby post-natal Pilates class will help you to recover your pre-baby shape and boost your much-needed energy level.

### Benefits

#### During Pregnancy

- Strengthen your pelvic floor muscle control to prevent incontinence and aid in labour
- Improve postural awareness
- Strengthen abdominal and gluteal muscles to support and stabilise the pelvis and spine
- Reduce musculo-skeletal pain
- Stretch spinal and upper limb muscles to relieve tension
- Aid relaxation and advise on positions of relaxation
- Maintain effective circulation to aid with swelling
- Incorporate positions for labour into your exercise program

#### After Your Baby is Born

- Strengthen your pelvic floor muscles that are weakened by pregnancy to avoid problems of incontinence
- Retrain your abdominal muscles to help support your spine and pelvis and recover your pre-baby shape
- Re-educate correct postures following the natural changes in your body through pregnancy.
- Strengthen your upper body and learn how to lift and hold your growing baby to avoid back problems
- Learn relaxation techniques to reduce stress and help you to sleep

### When Can You Start

#### Ante-Natal Classes:

Pregnancy yoga can be practised from the 14th week of pregnancy right up until your due date

If Pilates is part of your usual exercise regime you can start at any time through your pregnancy. If you are new to Pilates you can start any time after 13 weeks of pregnancy.

#### Post-natal Mother & Baby Class

You should wait until you have been given the go-ahead by your GP at your post-natal check before joining this course. Numbers will be limited to 6 mothers and their babies to ensure individual attention and classes will last one hour. While you exercise your baby can sit in a car seat in the studio or on a mat by your side.

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call Karin on 020 8399 3930 at BoCo Surbiton.